

THE  
Indian Nectar,  
*T. Howell.* OR A *Hamma.*  
1820. DISCOURSE  
CONCERNING  
CHOCOLATA:  
WHEREIN

The Nature of the Cacao-nut, and the other Ingredients of that Composition, is examined, and stated according to the Judgment and Experience of the Indians, and Spanish Writers, who lived in the Indies; and others; with sundry additional Observations made in England: The ways of compounding and preparing Chocolata are enquired into; its Effects, as to its alimental and Venereal quality, as well as Medicinal (especially in Hypochondriacal Melancholy) are fully debated. Together with a Spagyrical Analysis of the Cacao-nut, performed by that excellent Chymist, Monsieur le Febure, Chymist to His Majesty.

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By Henry Stubbe formerly of Ch. Ch. in Oxon. Physician for His Majesty, and the Right Honourable Thomas Lord Windsor in the Island of Jamaica in the West-Indies.

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Thomas Gage, Survey of the West-Indies chap. 15.

Here [ in a certain part of Guataca ] grow many Trees of Cacao, and Achiope, whereof is made the Chocolate, and is a Commodity of much trading in those parts, though our English and Hollanders make little use of it, when they take a prize at Sea, as not knowing the secret virtue and quality of it for the good of the Stomach.

Videant, insabescantque reliquias.

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Reprinted by J.C. for Andrew Crook at the Sign of the Great Dragon in St. Paul's Church-yard. 1662.

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To my Learned Friend Dr. Thomas Willis Doctor of Physick,  
and Reader of Natural Philosophy in the University of Oxon.

**W**hen I first entered upon the practice of Physick, I had the Honour of your Testimonial: and I now publickly acknowledge as well your favours, as that worth, which is universally known, and admired. Were I to celebrate your Panegyrick, I should not doubt to represent you as a second to Harvey: and I should not fear the resentments of others, if I compared him to Phrynis, whilst you are the Timotheus in Physick. But this is not my present Designe; but to tell you, I have finished the Discourse I promised you, of Chocolata: and I have augmented it beyond my thoughts, or yours. This Writing, as well as the Chocolata I presented to His Majesty, wants that perfection, which Time was to give it; I wish it have so good fortune, to please, as that did. I shall from Jamaica give you

a better Book, and (I believe) better Chocolata. And it is my resolution so to employ myself there, that I may not fail the expectation so many Eminent Persons have of me; nor will I ever see England, but with the satisfaction of having done something considerable.

That you may know how great Incentives I have to study, besides my own unspeakable inclinations; There are more then ordinarily interested in me, besides the King's Majesty; who alone is so great a promoter, and so competent a Judge of merit, that to an ingenuous Person there needs no farther inducement to deserve. But, besides Him, there is the Honourable Robert Boyle Esquire, Dr. Quatremain, Dr. Frasier, Physicians to His Majesty, and several other Honourable and Learned Personages. But, amidst so many concurring favourers, and abettours, if I tell you, that I allow a peculiar esteem, and remembrance for Dr. Willis, it is no more, then the real sentiments of one, who infinitely admires you, who is

Sir, your obliged humble

London, April  
2. 1662.

Servant

Henry Stuble.



## The Preface to the Ingenuous R E A D E R.

**I**T is long since, that I designed a particular enquiry into the *nature of Man*; and what it is, that we call *Life*, and by what means it is to be so preserved, that we may enjoy in this *World* an *undisturbed health*, and *serenity of minde*; together which those other *comforts*, the *promise* whereof is peculiarly annexed to the *fifth Commandment*, according to the *Septuagint* ;

*Honour thy Father, and thy Mother, that it may be well with thee, and that thy days may be long in the Land, which the Lord thy God giveth thee.*

This felicity, since that God put so great a value on it, that he generally in Scripture makes it a *Type* of the *Celestial enjoyments* hereafter, and illustrates them hereby, as being no odious Comparisons ; and since the result of Solomon's wisdom, regulated by inspiration, and experience, amounts to this ; That he hath perceived, and seen, that *it*

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Eccles. ch. 2. is good, and comely, and that There is nothing  
v. 24. ch. 3.v. better for a man, then that he should eat, and  
12, 22. ch. 5.v.  
17. ch. 8.v. 15. drink, and enjoy the good of all his labour ;  
upon these Considerations, I did think it  
merited my peculiar regards : and howbeit it  
the preached, but unpractised ( and in many  
parts false, and fictitious ) Doctrine of Mortifi-  
cation did seem to condemn such Enquiries ;  
and the promulgation of them might seem  
to encourage, or instruct men in Sensuality,  
( a thing inconsistent with Christianity, and  
that course of life, which I have followed  
so, as that Presbytery itself, that is, Malice  
and Dis-ingenuity heightened with all the cir-  
cumstances imaginable in men on this side hell,  
could never fix the least imputation upon me )  
yet I thought, I ought not too much to re-  
spect accidental abuses ; not to regulate my  
self by what seemed fit, or true to others, but  
what was really so, and conformable to  
God's word, and the primitive practise : both  
which ( if we make not the Opinions of  
Monks, and men retired unwarrantably  
extra seculum, to be the sole Standard of  
truth, and practise ) did not repugn with  
my designed Speculations.

The late changes in our Nation have dis-  
engaged me from my former adherencies ;  
and

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and I have no longer a regard, or concern  
for Sr. *Henry Vane*, or Gen. *Ludlow*, then  
is consistent with my sworn Allegiance.  
And I think, His Majesty is of so generous a  
nature; and of so transcendent a Grandeur,  
that I shall as little offend him by this Decla-  
ration, as I shall by the following course of  
my life, wherein I shall make Him all those  
returns, that the most deserving, and the  
most obliging person, and Prince, may ex-  
pect from an ingenuous and resentive Serv-  
ant, and Subject. It is but fitting, that so  
unparallel'd a candour, as His Majesty hath  
practised, should meet with reciprocal ac-  
knowledgments: and however it be account-  
ed the fate of Kings, to do well, and to be ill  
spoken of; I think it a very hard destiny: and,  
though I have a very despicable opinion  
of the present age, yet I hope it will not be  
guilty of any such unworthiness towards our  
Sovereign. I shall make it my publick  
Profession, Never did any ( saying, that I ne-  
ver violated a sworn Allegiance, nor took  
the Covenant, nor subscribed the Engage-  
ment ) never did any ever offend, or experi-  
ment a greater Goodness. I go not about to  
extenuate my Crimes by saying, Rebellion  
loses its name, where Presbytery is opposed;

or, that The attempt in me was but the acknowledgment of uncommon favours received from others. I am indebted to His Majesty for more, then an *Act of Indemnity and Oblivion*. His Liberality hath prevented my Services, and I already have had that Honour and Reward conferred on me, which to deserve I must change my *resolutions* into *actions*, and be what I intend. Were my King of a less merit, I should fear, that what I say might be apprehended not as the *dictates of Truth*, but occasioned by a *sence of Duty*, or *Flattery*: but he possessteth all *Heroick Virtues* in so peculiar a maner, that *Envy* it self must say, that it is want of *Time*, or deficiency of *Language*, not want of a befitting Subject, which makes me to enlarge no further,

I promised my ever-Honoured and Learned Friend Dr. Willis an account of *Chocolata*: and being detained beyond my expectation at London, to receive the benefit of what His Majesty had given me by way of *Advance* to go into *Jamaica*, the Right Honourable the Lady *Windsor*, a Lady, that ows her *Elogy* and *Title* not more to her *Degree*, then *Worth*, gave me occasion to renew those intentions, and to make some *Essays* in compounding *Chocolata*; which first found

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found her approbation, and then the Kings, Had I written before, I could only have given an account what others had said, or done; now I can vouch my own experience, and that I am not altogether unacquainted with what I write of. I know, that Time and Opportunity might have polished the Work, and better'd my Enquiries. If I was impatient to do nothing, I had not leisure almost to do any thing. I have given as good an account of things, as I could either from my own little tryal, or the report of others. I have represented each Author in his own words: and where I seem to speak concerning the modern practise in Spain, my intelligence is not the less true, because the margin doth not warrant it by some citation. Sundry Digressions are rather attempted, than pursued; but, if I live any time in Jamaica, I shall in a second edition correct the imperfections of this; many whereof are unavoidable to me, because I have not seen the Ingredients of Chocolata growing, nor made such Analyses of them, as are requisite to discover their nature.

I write not out of a designe to advance the repute of our West-Indy Commodities in the making Chocolata. What I say is the Assertion

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Assertion of others, who did not intend by their Writings to serve the English Interest in Jamaica. The Spanish Dr. Juanes de Cardenas says as much as I do, viz. that Persons of a vigorous and healthy Constitution ought not to drink the same Chocolata with others of a more cold and phlegmatick Complexion: but to have a Composition of their own mixed with fewer Spices, and those of West-Indy growth ( which, he saith, were created for that use ) and to be taken with Atolle. His words are *Los tales* ( sc. those of a Complexion inclined to heat) *bebansen con Atolle* ( that being of a temperate nature ) *y echenle muy poca especie, y essa antes sea de la tierra* ( sc. of Jamaica, or Tabasco) *que de Espanna, por que la de aca parece, que solo fue criada para esso.*

Nor have I more endeavoured to serve myself, than the Island in the subsequent Discourse: for I obtrude not on the world a bad Chocolata, having shewed the errors and hazards in the vulgar compositions, but what his Majesty approved (a) [then whom

(a) It is the same, that is used in Mexico and brought from Guaxaca

to the Spanish Court, and now used there: it varies in nothing, but what is more peculiar to the Spanish, than English gust. I call it Chocolata-Royal, because the Spaniards do so, whom I follow; and it is usual with that Nation, to express an excellent Manjar by the Title of Royal.

there

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there can be no more competent Judg] and what hath received the commendation of others well-acquainted with the variety of *Chocolata*, sold, and made in this Nation. I have set down the ways of *Ledesma*, and *Zacchias*, and the way, by which the *Chocolata* is commonly made. And I have left in the hands of an honest though poor man, *Richard Mortimer* in *Sun-Alley* in *East-Smith-Field*, both my common-*Chocolata-receipt*, and that other of *Chocolata-Royal*; both which are fitted for the use of such as are in health, or not of a very weak stomach, being made up with milde Spices of *Jamaica*, and such, as may securely be used by the most healthy. They, who would have particular *Chocolatas* made, may have recourse to him, and rely upon his honesty to prepare them carefully according to my Method : which, though infinitely laborious, he is resolved to follow. I chose him, because I found him, of all others, tractable to observe my directions, and to make what Experiments I pleased: he lived in *Spain* many years, and is as skilful, as honest. He will attend on any Physician of note to receive his directions, as also to inform him, (if he would vary from my ways by any addition) what

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what may be added, and what quantity to each proportion of Chocolata.

I gave him the Receipts not only as a reward for the pains and trouble I put him to; but out of a sense of publick utility, there being so many frauds in the making of it: it being so ill wrought up ( whence comes the settling ) besides the mixture of several Ingredients either hurtfull, or impertinent. The way I make my Chocolata-Royal agrees almost altogether with that, which is followed in the Court of Spain, where the mixture of Anise-seeds, Nutmeg, and Maiz is disused, and confined only to the common Chocolata-sellers. Whilst ( to give you the words of a Learned Spaniard ) This other Composition seems to have all that perfection, which attends the last designs, and contrivances of Men, after many fore-going tryals; and which is observed to displease no body: all the change of Ingredients for so many years past did but prepare way for this; which he observed to continue in a very good body, the Ingredients exactly fermenting, and having an excellent scent: and the Taste is neither hot, and biting, nor totally insipid. I shall not vary any thing from my way here in England, but perhaps at Jamaica I may

im-

improve it much, both in the making it up, (which I suppose may better be done there, than here; but will give no reason, till I see it to be true) and in the adding some *Ingrediemts*; which if it succeed, I shall take care, that *England* know it, and have the benefit thereof.

Because that *Richard Mortimer* lives so far off, I have appointed, that his *Chocolata* of both sorts shall be to be sold at Captain *Beckford's* at the *Custom-house-key*: the best *Chocolata*, call'd *Chocolata-Royal*, will cost six shillings six pence each pound, weighing about thirteen ounces, or somewhat more: the ordinary *Chocolata*, weighing about fifteen ounces each pound, will cost three shillings and eight pence. And in the same place they may be furnished with the best *Cacao-nuts*, which I could yet ever see in *London*; and also with *Jamaica-Pepper*.

I shall conclude with this Premonition: that the ensuing Discourse was written at a great distance from my own Library, in a place, where frequent interruptions, and diversions scarce ever yielded me an hour's leisure entire to my self: and, as this is a sufficient excuse for its many imperfections, so it must particularly Apologize for several

several Repetitions, which will occur; for having not time to review what I had, written, and being willing to omit nothing, I have, I believe, repeated several times the same thing. But, if it please God, I arrive safely at *Jamaica*, and enjoy that settlement, which I promise my self from the right Honourable the *Lord Windsor*, (my singular good Friend, and Patron, and the worthy Governour of *Jamaica* under His Majesty; one in whom concurr those Qualities, that might justly recommend him for so important a charge to the choice of the best and wisest of Princes, Loyalty, Valour, Prudent Conduct, Moderation, and Affability; and under whose Government no Man ought to entertain other despair, than what his own worthlessness creates in him) when I shall be safe and secure there, and amidst my own Books, as well as the Simples mentioned here, then I will revise, and so enlarge this Work, that nothing shall be wanting thereunto.

*Nunc te marmoreum pro tempore fecimus; at, tu,  
Si foetura gregem suppleverit, aureus es.*

And, as I shall endeavour wholly to oblige

lige man-kind with further Observations and Enquiries concerning *Chocolata*: so, I hope, my example will stirr up others to the like performances; and that Persons of ingenuity will either publish their *Observations*, or direct them to me, and leave them either with the Lady *Windsor*, or with Mr. *Andrew Crook* in St. Paul's Church-yard, Book-seller, to be sent to me, that I may not be ignorant of what effects *Chocolata*, or its particular Ingredients have here in *England*; what new preparations and mixture of the *Cacao-Nut*, or *Spirit*, or *Oyl* are successfully contrived, or ingeniously, to inform, or otherwise benefit men: and I do here solemnly profess, that I shall render all such Persons their due acknowledgment in publick, and shall readily serve them any way, during my being in *Jamaica*.





A

# DISCOURSE CONCERNING CHOCOLATA.

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## C H A P. I.

*Concerning the Name of Chocolata, and its  
being universally used.*

**T**He drink called ordinarily *Chocolata* is by the Indians called <sup>a</sup> *Chocolatl*: and is compound- ed of *Atte*, as some say, or, as <sup>b</sup> *herb. Mexic. l. 3* <sup>c. 46. Gul. Piso</sup> others, *Atl*, which in the <sup>d</sup> *Mexic.* <sup>e</sup> *in Mantis. A-* <sup>f</sup> *can language* signifies <sup>g</sup> *water*; <sup>h</sup> *romat. c. 17.*  
and from the sound, which the *water* (where-  
in is put the *Chocolata*) makes, as <sup>b</sup> *Choco*, <sup>b</sup> *Gage's Sur.*  
*Choco*, *Choco*, when it is stirred in a cup by <sup>i</sup> *vey of the*  
an Instrument called a *molinet*, or *molinillo*, <sup>j</sup> *West-Indies,*  
untill it bubble, and rise into a froth. I shall  
not pursue other derivations of the name, it  
being

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It is called being sufficient, that we understand one and  
 Chicolate in the same thing by the several appellations  
*Faques Am-*  
*prooux*, of the of *Chocolatl*, *Chocolata*, (so it is usually cal-  
*Anilles*, c. 16. led) *Chocolatte*, as Mr. *Gage* names it; or  
 and *Succolata*, *Chocholate*, as <sup>c</sup> *Acosta*; or *Succulata*, as <sup>d</sup>  
 and *Chuculate* *Mynsicht* terms it; or <sup>e</sup> *Cacaotl*, and <sup>f</sup> *Ca-*  
 by *Schroder*. *Pharmac.* 1. 4. *caootl*, and <sup>g</sup> *Cacauatl*: all which names it  
*c* *Acosta Histor.* bears in the *Mexican Herbal*, as well as that  
 nat. & moral. of *Chocolatl* aforesaid.

*Indiar.* 1. 4. c. 22 d

In America several Countries have sev-  
 eral drinks made out of roots and fruits vari-  
 ously prepared. The Northerly <sup>h</sup> tract  
 thereof principally seems to use the drink  
 called *Chocolata*, in *New-Spain*, *Mexico*, and  
 the neighbouring Provinces. If we may be-  
 lieve Dr. *Juanes de Barrios*, who lived <sup>i</sup> in  
 those parts, it hath been immemorially drunk  
 in the Province of *Guatimala*, and as particu-  
 larly appertains to that Country, as  
*Mead* to *Lithuania*, and *Ale* to *England*;  
 however it may have diffused it self into o-  
 ther parts. And indeed it hath prodigiously  
 spread it self not only over the *West-Indies*;

*j Gage* c. 16. but over <sup>j</sup> *Spain*, *Portugal*, *Italy*, *France*,  
*Piso in Mantis-* high and low *Germany*, and *England*, yea  
*sa Aromat.* *Turky*, and *Perfia*: and hath been recom-  
 c. 17. mended by sundry learned <sup>k</sup> *Physicians* to the

*k As Hernan-* world. So that it may well merit our regards  
*dez, Piso, Zac-* to enquire into the *Nature* and *Reason* of a  
*chias, Severi-* drink endeared unto us by so great a repute,  
*nus, & others.* as the *General usage* of the *Nobility* and *Popu-*  
*lace* of both *Sexes*, and the *Authority* of the  
*learned* and most observing persons can give it.

It

It is so generally used in the *Spaniſh Colonies* of the *West-Indies*, by the *Natives*, and other *Inhabitants*; that it alone makes up both the *necessary provision* for their *sustenances*, and their *delicacies* for extraordinary entertainments for pleasure. This is confirmed by the general *vogue* of the *Indian writers*: and whosoever shall have read Mr. *Gage* will no longer doubt it, when he shall find, besides the particular Chapter, in which he designes a *special account* of it, (most of which is transcribed out of *Anton. Colmenero de Ledesma*) how at sundry times he was treated therewith by way of a magnificent collation: and, being to travail, he makes a store of *Choco-latte* to be as important a care, as any for a journey. In *Spain* it is drunk all Summer, once, or twice a day; or indeed at any time, by way of entertainment: for however *Physicians* there endeavour to confine the people to Rules, yet is it generally drunk without regard to any: and it is there, as well as in the *Indies*, all the year long. It is drunk, by the allowance of the *Physicians*, once, or twice each day: and by the prevalence of custome, as often as there is occasion for entertainment, or that one is tyred through busines, and wants speedy refreshment. There is a controversy about the convenience of taking it in Summer; since *Anton. Colmenero* disallows it beyond *May*. But others, as learned and observing as he, permit it all the year: and for Experience

(which he takes notice of) they vouch the general practise of Sevil, both of the King, Court, and City. *Nobis videtur consultissimum omni estatis tempore potionem sumere Chocolatis.* Et, si ad comprobationem valet Experientia, hoc in communi vita civium Hispaniensium (cum sit hæc calidissima regio) ita feliciter sentitur ab omnibus, ut illo carere sit apud illos infelicitas major. Et huic accedit, quod illa tempore sit hominum natura laxa maxime, & fere dissoluta: & si verum fari licet, neminem per hæc tempora video a Chocolate abstinere, neque inter intemperantes Proceres, neque temperatissimos Hispaniæ Reges, nec mediae fortune cives. Et nobis certe videtur, nullo magis tempore, quam estate prodesse Chocolate. *I think it most fit to take Chocolate all Summer long.* And, if we recur to Experiments, this is the general practise of the Inhabitants of Seville (which yet is a most hot country) so that they count it a great misfortune to be deprived of it. Besides, at that time of the year, our bodies suffer a greater exsolution of Spirit, and are more relaxed in their Pores, then at other times. And, to speak the truth, at this time of the year, I observe, that neither the most intemperate Courtiers, nor the most temperate Kings, nor vulgar Citizens do refrain it. And I think it never more necessary, then at that season of the year. To evidence further the prevailing use of Chocolate, weare to know, that in Spain, as well as the Indies, people

people will not refrain it on fasting-days; and it is become a Case of Conscience managed with more then ordinary contests, Whether the taking of Chocolata be a violation of Ecclesiastical Fasts? The Moralists and Physicians divide upon it: nor is there one considerable Argument produced for the necessity of taking it on Fast-days, and so of reconciling it to Ecclesiastical Fastings, but that of custome: which how autentique an argument it is in this Case, I leave to the disputes of others; being content to have proved the universal acceptation of this drink amongst the most sober and wisest of men.

## C H A P. II

*Concerning the Composition of Chocolata.*

Being now to speak more particularly of Chocolata, to prevent ambiguities, I must tell my Reader, that however I have in the foregoing Chapter spoken of Chocolata as a drink, accordingly as it is ordinarily mentioned by Writers, and in vulgar speech; yet now I shall speak of it as a paste, or mass, made into cakes, lumps, rouls, lozenges, or enclosed in boxes, (as it pleaseth the worker to make it up) which is to be dissolved in the water, and so makes but a part of the potion, or drink, yet is ordinarily termed Chocolata, though not without some impro-

priety of language, if we credit the already-mentioned derivation of *Chocolatl*.

The Indians, as they in all things almost affect a simplicity, so in the making of *Chocolata* they did not multiply Ingredients; and cared rather to preserve their health, than to indulge their palates: of which they have been so solicitous, that, had not the Spanish luxury and curiosity varied its composition with multiplicity of mixtures, either we had never been acquainted with this drink, or we must have been contented to be treated, as the invincible Cortez was by Motezuma, the last and most illustrious King of Mexico. *Bernaldus del Castillo*, one of Cortez his Souldiers, relating his own exploits under that famous General, in his Chap. 91. Chapter entitled, *a De la maneray persona del grande Motezuma, y de quan gran Señor era*, makes report of the stately Banquets of that Prince; and adds, *Trianle frutas de todas, quantas avia en la tierra, mas no comia, si no mui poca, y de quando en quando trajan unas como copas de oro fino, con cierta bebida bucha del mesmo Cacao, que desfian era para tener acceso con mugeres, (en este lengua se babla) enforçes no miravamos en ello mas lo que yo vi, qua trajan sobra cincuenta jarros grandes bechos de buen Cacao, con su espuma, y de lo que bebia, y las mugeres le servian al beber con gran ocato: y al tiempo del comer le assistian algunos Indios, truanes que le desfian gracias, y otros que le cantavan, y bailavan,*

per

por que el Motezuma era mui afficionado a placer ; y aquellos mandaua dar de los relieves, y jarros de Cacao. That is,

They brought in the several sorts of fruits, which they had in their Country, but they eat but a very little of them, and that but leasurely, and at intervals : they brought some in cups of fine gold, with a certain drink made of the Cacao it self, which they said was effectual to provoke lustful desires towards women ( as they told us in their language ) in which we admired nothing more, then that they brought in above fifty great jarrs made of good Cacao, with its froth, and that they drank it, the women serving them with a great deal of respect : and when he [ Motezuma ] did eat, several Indians stood by him, which gave thanks, and others, which sung to him, and danced before him, Motezuma being much given to pleasure : and he commanded the reliques of his feast to be given away, and the jarrs of Cacao.

And a little after he saies, Luego comien los desu guarda, y otros muchos sus serviciales de casa, y me parese, que sacavan sobre mil platos de aquellos manjares, que dicho tengo : pues jarros de Cacao, con su espuma, como entre Mexicanos, se base mas de dos mil, y fruta infinita. That is,

Afterwards his Guards, and other servants did eat, and, I think, they had above a thousand dishes of the aforesaid delicacies.

After which they had brought to them jarrings of Cacao, with its froth, according to the Mexican fashion, to the number of two thousand at least, besides an infinity of fruit.

Here is no mention of any thing, but jarrings of Cacao together with their froth : which could not have frothed so, had they not been preparations of Cacao nuts made into a paste, and reserved in cakes for the sudden use of a thousand cups ; they were dissolved in water, and frothed by agitation of the molinet : for without such agitation the Cacao would not froth, nor would it continue in a froth, unless that some of the meal of Indian wheat, or Maiz made into Atolle, were mixed with it. And this I find to have been the first composition of Chocolata.

<sup>b</sup> Hernandez  
L 3. c. 46.

<sup>b</sup> In acute diseases to annoy heat and fervour, and in hot distempers of the liver, they gave the Cacao nut, punned<sup>d</sup> and dissolved in wa-  
<sup>c</sup> I know not. ter, without any other mixture. In case what this Po- of the bloody flux they mixed the said nuts cholt should with a gum called Olli, and so cured be, if it be not Maiz ( there them miraculously. Nor did they acquiesce being as great variety of names, as Kingdomes in the Indies ) or Paniso : both in simple preparations of the said Cacao nut ; they took of Cacao nuts, and a grain called <sup>c</sup> Pocholt, of each an equal quantity, & grind- ed them together in equal proportions ; and, when they used it, they took that paste, and dissolved in an earthen vessel, and agi- tated it with a molenillo, till the more oily parts and fatty did swim on top : then did they take of the said unctuous part, and put

to

to the rest some meal of *Indian wheat*, and having reduced it to a potable liquor, they did remix the *oyl*, or fat, taken off before, and so drunk it *luke-warm*. And this is the *Chocolatl*, of which *Hernandez* speaks, and calls peculiarily by that name in his Chapter concerning *Cacaua Quabuitl*, or the *Cacao-tree*. And that this was the primitive *Chocolata* seems evident from what <sup>4</sup> *Benzonus* <sup>d</sup>*Benzonus l.2.* says, who lived there amongst the first Planters. He travailed through the Kingdom of *Nicaragua*, and observed, that they made a certain *cooling-drink* of the *Cacao* nuts : they grinded the nuts into a *paste*, and, when they used it, they dissolved it (being pouder'd) and milled it, tempering it by little and little with water in an *Indian cup* : and sometimes they added a little *pepper*; and this was their ordinary drink ; which they did drink themselves, and gave to wearied travellers, as well as to the sick. This they offered to *Benzonus*, and when he with an abhorrency refused such a drench, they admired, and laughed at him. But certainly it was not improved to any deliciousness of taste, since he saith it was *bitterish*, and that it was more fit to be *bogs-mash*, then drink for *rational men*. The same may be collected from <sup>e</sup> *Acosta*, who saith, that *The Histor. Ind. chiefeſt uſe the Indians make of Cacao is in l. 4. c. 22.* a drink, which they call *Chocholate*, whereof they make great account in that country, foolishly, and without reason : for it is loath-

some

Mr. Gage, speaking of the ordinary Indians of Guatemala, saith (ch. 19.) that they drink of their poor simple Chocolate, without Sugar, or any compounds, or of Atolle, untill their bellies be ready to burst. And in the same Chapter, a little before, he says, they call their neighbours to Chocolatte, and finish an house without any charges, more then of help them, which they minister in great cups of above a pint, not putting in any costly materials, as do the Spaniards, but only a little Anise-seed, and Chile, or Indian pepper: or else they half fill the cup with Atolle, and pour thereon as much Chocolatte, as will fill the cup, and colour it.

This is that original *Chocolata*, to the use whereof the *Indians* were brought, not by any delicacy of the tast, but evident testimonies and sense of its great utility. *Hujus potionis longa experientia satiati, utilibus admoniti;* so saith Dr. Juanes de Barrios, who lived there immediately after the conquest; as also did Hernandez, and Benzonus, and Acosta.

It is then clear, that the *Indian* ordinary *Chocolata* was made of the *Cacao* nut, and meal of *Indian* wheat, and water, and *Pocbolt*, and now and then some Pepper called *Chille*, which was put in, more, or less, according to the necessity of the Patient's stomach, or other circumstances: So that they made divers sorts of it, some hot, some cold, some temperate, and put therein much of that *Chili*, or *Chille*. So saith *Acosta* in the place

place above-mentioned. And I observe, that Hernandez, though in the making up of *Chocolatl*, where he speaks of the composition of it, (which is to be supposed the ordinary one, because absolutely and indefinitely mentioned there) he add no more Ingredients, then I have already mentioned, yet in other places he tells us that for weak, <sup>f Hernan. l. 2.</sup> phlegmatique, and windy stomachs, they added *Xochinacaztli*, or your <sup>g Gage calls</sup> *Oricelas*: so they added *Tlilxochitl*, or the <sup>them Oreguelas</sup> *Vayillas* <sup>h Id. l. 2. c. 17.</sup> for the like ends, and to strengthen the brain, and womb. To give it an adstringency, and to strengthen a stomach debilitated, and prone to a flux, or *diarrhea*, they added <sup>i</sup> *Achiotl*, or *Achiote*. So, in case of cold <sup>j Id. l. 3. c. 41.</sup> Stomachs, and Phlegmatique Obstructions, they added <sup>k</sup> *Mecaxochitl*; which *Antron. de Ledesma* and *Gage* call *Mecasuchill*: and *Paulus Zaccbias, Mecacuce*. And, in case of Coughs, they added <sup>l</sup> *Topeyantli*. But, besides these drinks, confessedly owned by Hernandez under the name of *Chocolata*, there is another, which however it be not reckoned as a sort of *Chocolatl*, but distinct from it, yet was it made of *Cacao* nuts, and seems to have been a leading drink to the *Chocolata* now in use: and it is called by Hernandez the <sup>m</sup> compounded *Atatexi*. The simple portion of *Atatexli* is made of one hundred *Cacao* nuts, crude, or prepared, and \*beaten well, and so mixed with as much prepared *Maiz*, as can be taken up betwixt both hands

hands joyned together. Compounded *Atatexli* was made by the addition of *Mecaxochitl*, or *Mecasucbill*, *Xochinacatzli*, or *Orichelas*, and *Tlixcochitl*, or *Vaynillas*. These were powdered, and mixed with the rest afore-mentioned Ingredients of simple *Atatexli*, and being well milled, they powred them out of one vessel into another, lifting it up on high, that so it might richly froth, and the more fat and oily parts swim on the top, and render it more pleasant. This Potion was not used for sustenance alone, or as a drink invented by an enforcing necessity, but, out of a luxurious designe, to provoke lust: whereas the simple *Atatexli* did refrigerate.

I must beg pardon of my Reader for representing so imperfectly the aforesaid Indian drinks; for the Mexican Herbal is so defective; as it is published in Latin (for the Spanish is incomparably better, if I may judge thereof by sonic citations, I have seen) that I have the satisfaction by omitting nothing that is material in that book; that whosoever, with no greater helps then I have, should engage in the same affair, would not discharge the employment better then I have done.

When I consider the aforesaid compounded *Atatexli*, and compare it with the present compositions of *Chocolata* at this day recorded, I cannot think, but what we use at present is the descendent of that *Atatexli*, and

and not of *Chocolatl*: for the Ingredients are *Cacao-nuts*, *Mecaxochitl*, *Orichelas*, and *Vaynillas*, are the same; the manner of using it the same: and, at this day, the Indians and Black-moors <sup>n</sup> do mix *Maiz* with <sup>n Gage c. 16]</sup> their *Cacao-nuts* in the grinding, putting in withall *Acchiote*, *Anise-seeds*, and a few *Chiles*, or red Pepper.

And, now I come to speak of the present ways of making *Chocolata*, I shall represent those ways, which are authenticated by Physicians; and among these that of Antonio Colmenero de Ledesma first occurs.

◦ To every hundred nuts of *Cacao* he put <sup>o Gage c. 16:</sup> two cods of *Chile* called long red Pepper, <sup>Piso in Mantis Ar. c. 17\*</sup> one handful of *Anise-seeds*, and *Orichelas*, or *Orejaelas*, and two of the flowers called *Mecacucbill*, one *Vaynilla*, or instead thereof (if the party were costive) six *Alexandrian Roses* beaten to powder, two drams of *Cinnamom*, twelve *Almonds*, and as many *Hasel-nuts*, half a pound of *Sugar*, and as much *Acchiote* as would colour it.

*Paulus Zaccbius* in his *Italian Discourse about Hypochondriacal Melancholy* doth propose this way.

¶ Take twelve pound of *Cacao* nuts finely powdered, of *Cinnamom* finely powdered one pound, half a pound of *Anise-seeds*, six *Vaynillas* finely powdered, four handfuls of the flowers of *Mecacuce*, or *Mecaxochitl*, of *Maiz* three pound, one pound of

of Aionzoli ( or half a pound of sweet Almonds ) bruised and well beaten, of Achiole half an ounce, of Sugar four pound, or as you please.

Instead of Mecaxochitl, and the Vaynillas, he allows to substitute one Nutmeg, and twelve Cloves. Out of these he bids us frame a mass.

Besides these Prescripts, other Receipts put in other Ingredients with a great variety, and difference one from the other : some put in a proportion of black Pepper ; some of long Pepper ; some retain that of Chilli, or long red Pepper ; Cinnamon, Cloves, Almonds, Hasel-nuts, Orejuela, Vaynillas, Musk, Amber-grease, Orange-flower-water, are things usually put in, or omitted ; as also Nutmeg, Limon and Citron-pill, Cardamoms, Fennel-seeds, Chymical oyls of Nutmeg and Cinnamon, and the most delicate Spice called Jamaica-pepper ; nay and Achiole too is sometimes left out, or changed for Sants, according to the devise of the Chocolata-maker, or particular exigency of the Patient's disease.

In the common Chocolata sold so cheap there is not any thing, but eight ounces of the Nuts <sup>q</sup> prepared, and powdered, seven prepared, for ounces of Sugar, and one ounce of Spice ; they cannot <sup>viz.</sup> half an ounce of Cinnamon, two or <sup>but pitifully</sup> <sup>afford to pick</sup> <sup>drugs</sup> <sup>their</sup> drams of Jamaica-pepper, or other Peppernuts, nor to scarce them : for they sell it in the Chocolata-seller for two shillings, or half a crown, each pound ; the Dutch for eighteen, nay twelve pence : nor do they know the difference betwixt one sort of nut, and another.

per :

per, and as much of *Cloves*, *Nutmeg*, and *Limon-pill*, some colour it with *Acbiote*; some decline to do so, some put into each pound, to make it extraordinary, six grains of red Pepper, or *Chiles*. The Jews at *Amsterdam* put in *Bean-flower* usually, instead of *Maiz*.

In the making of it up these Directions are given by Mr. *Gage*.

The *Cacao* and other Ingredients must be beaten in a mortar of stone, or ( as the *Iadians* use ) ground upon a broad stone, which they call *Metal*, and is only made for that use : but first the Ingredients are all dried, except the *Acbiote*, with care, that they may be beaten to powder, keeping them still in stirring, that they be not burnt, or become black : for, if they be over-dried, they will be bitter, and lose their virtue. The *Cinnamom*, and the long red Pepper are to be first beaten, with the Anise-seed, and then the *Cacao*, which must be beaten by little and little, till it be all powdered: and in the beating it must be turned round, that it may mix the better. Every one of these Ingredients must be beaten by it self, and then all be put into the vessel where the *Cacao* is, which you must stir together with a spoon, and then take out that paste, and put it into a Mortar, under which there must be a little fire, after the Confection is made : but if more fire be put under it, then will warm it, then

then the unctuous part will dry away. The  
 Achiole must also be put in in the beating,  
 that it may the better take the colour. All  
 the Ingredients must be searced, except the  
 Cacao : and, if from the Cacao the dry shell  
 be taken, it will be the better, where it is  
 well-beaten, and incorporated ( which  
 will be known by the shortness of it ) then  
 with a spoon ( so in the Indies it is used )  
 is taken up some of the paste, which will  
 be almost liquid, and made into Tablets,  
 or else without a spoon put into Boxes,  
 and when it is cold it will be hard. Those,  
 that make it into Tablets, put a spoonfull  
 of the paste upon a piece of paper, ( the  
 Indians put it on the leaf of the plant in  
 the tree ) where being put into the shade,  
 ( for in the sun it melts, and dissolves ) it  
 grows hard : and then bowing the leaf,  
 or paper, the Tablet falls of, by reason of  
 the fatness of the paste; but, if it be put into  
 any thing of earth, or wood, it sticks fast,  
 and comes not off without scraping, or  
 breaking.

I never saw any Chocolata made up in a  
 mortar, my self; nor do I understand how  
 the mixture can be accurately made therein.  
 Some beat the Spices severally in a mortar,  
 and searce them curiously : but, as the ve-  
 hement agitation of the pestle doth dissipate  
 the more subtle parts, ( and it is long  
 in doing ) so it doth not equally break them  
 into small particles , notwithstanding their

their passing the searce : I conceive it a much better way, to beat the greater Spice grossly, and afterwards to mix the *Vaynilas*, cut into pieces, and dried, and so to grinde them on a stone-table ( such as are made on purpose to make up *Chocolata* ) and so with less trouble, and less dissipation of Spirits, and subtle parts, ( a gentle fire being under ) will they grinde to an impalpable Powder , ( each acting upon other in the grinding, as well as being pressed by the iron rowler ) and, besides that, mix most accurately. The Spicery being thus prepared, the *Cacaō* nuts are dried either on a digesting furnace, or in a kettle over the fire, stirring and turning them carefully, that the nuts may so dry as to shell, but not to burn : for then the *Chocolata* will be bitter. Being pill'd, or shell'd, the nuts, being cold, will beat to a powder, which you may searce, ( as you do the Spice) which is the best way, and practised by the best *Chocolata*-makers in *Spain*, and by my self always. The *bulls* also, many of them, are beat by themselves, & mix'd afterwards with the nut, and Spice, to compound *Chocolata* ordinarily in *Spain*, and by many in *England*, to make the common *Chocolata*. And Mr. *Gage*, and *Piso*, whilst they say it is better to leave out the *bulls*, leave us to conjecture, that many put them in all. Having thus prepared the Spicery, and Nuts, they are to be mix'd, and grinded on a table, with a gentle fire under

it. In the working, if the fire be too hot, the Nuts will run into too great an oyliness, or dissolution of the fatty parts, and the *Chocolata* will not keep any time. If it be too cold, it will not work, but stick to the rowler. From whence we may judge of the

It doth also work *blacker* be best: for on a *thin iron-table* it is impossible to preserve an equal heat, and consequently some parts of the *Cacao* nut will be reduced to too great a dissolution and unctuousness, and others to too little: and before an *iron one*, must this inequality needs occasion an unequal mixture of parts, and consequently a propensity to corrupt: besides that they never have undergone the trouble of working with are enforced to make it up too soon ( it which is much greater than with an *iron one*; as serv'd, and remedied. I must also add, that see: nor was the *Chocolata* better.

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### CHAP. III.

*An enquiry into the nature of the particular Ingredients, whereof Chocolata is made.*

The *Cacao* nut, as it is the principal and constant Ingredient in the composition of *Chocolata*, so it merits an exact enquiry into its nature: for it is by it, that we are mainly

mainly to give an estimate of the nature and effects of the whole Composition.

The Cacao nut ( if I may so call it, and not rather the seed of a greater, but disregarded fruit ) is a Nut bigger ( or as big ) as a great Almond, which grows upon the Cacao-tree, and ripens in a great husk, wherein sometimes are found more, sometimes less Cacaos ; sometimes twenty, sometimes thirty, nay fourty, and above. The tree is call'd by the Indians *Cacana Quahuitl*, it grows ( wilde in the moist grounds of *Guatimala*, and *Nicaragua* ; and by plantation elsewhere ) to an indifferent heighth, equal to our largest Plum-trees in bigness ; abounds in foliage, and the leaves are sharp-pointed, compar'd by ~~some~~ to the leaves of <sup>a</sup> Chesnuts, and by others to the leaves of an <sup>b</sup> Orange. It bears a great Flower, <sup>a</sup> By Antonius Herrera. <sup>b</sup> Piso, and of a Saffron-colour ; which fading way, <sup>b</sup> Hernandez. there succeeds a large fruit call'd *Cacauacentli* : when it is ripe, it is as big <sup>c</sup> as a Musk-million, as thick, and as weighty ; if compares we may believe Piso, and Hernandez : them to <sup>c</sup> Benzonius size: fructus *Amygdalorum*. though others think the comparison too cumbersome, since ( in *Jamaica* ) they are not observed to exceed the bigness of a large Pear. But there are several sorts of Cacao-trees, <sup>speciem refe-</sup> ( and their Nuts differ more or less in faculty ) so that difference of trees and soils may occasion the discrepancy of Authors. Within this putaminous husk, or <sup>quibusdam vela-</sup> <sup>luti cucurbitis includitur,</sup> <sup>crassitudine &</sup> <sup>latitudine cu-</sup> large fruit, ly the *Cacahuatl*, or ( as the <sup>cumeris.</sup>

*A Ludovicus Lopes t. 2. In-struct.consc.c.* *Spaniards corruptly call them) the Cacao nuts, being about the bigness of Almonds, each of them enveloped in a slimy substance, and film, of a Phlegmatique complexion, but of a most relishing tast: which the women love to suck of from the Cacao, finding it cool, and in the mouth dissolving into water. Under which is another shell, which, when bak'd in the Sun, somewhat resembles the colour and substance of a Chesnut-hull. Under that hull is lodged that nut, which is the most pretious commodity in the Indies, as *Acosta*, and others tell us, and which makes up chiefly our *Chocolata*. It is of a colour like to the outside of a Chesnut, and divided into several*

*e This is the comparison used by *Piso*, but the resemblance is not very great, especially in some sorts of Nuts. scissures, and pieces, as is a cow's-kidney, but yet joyned together, and in those small divisions ( after drying ) there seemis to remain some little reliques of a Phlegmatique moisture, which often degenerates into an hoariness, and at last ends in the final corruption of the Nut. It is of such a sub-*

*stance, that being dryed on a digesting fornace, or pan, it will beat to a fine powder: being laid on a stone, or table, the least warmth makes the said powder dissolve into an oyliness, or farryness instantly; and it will alone work into a paste, without any inter-mixture, and keep a year. Which paste well made up alone ( or with *Pocholt* ) was, I presume, all the *Chocolata*, that *Motezuma*, and the antient *Indians* had, then dissolving it in*

*Atolle.*

*Atolle.* It will beat into a Powder, and so may be remix'd with new Ingredients of spicery, and sugar, to make the more delicious *Chocolata*. I took a quantity of it (being exquisitely ground) and dissolved it in hot water, and having let it stand a while by the fire to dissolve, I milled it, (without the mixture of any thing, but pure *Cacao* paste, and water) it frothed moderately, but the froth was but of little continuance, and, being suffered to cool, it gathered like fat (both in colour, and substance) on the top of the most fat broths, or portage, to a great thicknesse: but when it came to be cold, however it had before a resemblance rather of fat, then oyl, it gathered into a resemblance of cream; and indeed it had just such a consistence, but the colour was yellowish. To the bottom there did settle a great quantity, which I took, and tasted of: and I found it to tast just as *Almond butter* exactly, as to its unctuousnesse; but it had the bitternesse, which is proper to the *Cacao* nut. The water it self beneath the cream was reddish, and after I had purely taken of the cream, it had not only a fatty tast, but taking some out, and bathing my hands in it, I found it extreme fatty. I took that Setling, and heated it in fresh water till it began to boil, then I milled it again, and let it stand to cool: it was at first extraordinary fatty; then, being cold, it yielded its cream, and a red shining *Cacao*-

butter ( as I may call it by an allusion to Almond butter ) and a coloured fatty water , as before ; only with this difference , that the Cacao butter seemed a little less unctuous , and not so perfectly to dissolve , and glide off the tongue , as before . Which put me upon another Experiment of decocting , and milling it , till I might extract all the fat out of it , and discover the nature of this setting ; if it might be so terrestrial , and obstructive , as some imagine . I heated the aforesaid setting in fresh water , and milled it well ; and instead of cream ( though the water , as it cooled , shewed signes of a great fattinesse ) there did gather on the top a thin covering or yeas ( if I may so call it ) of fat , such as will rise on mutton pottage not too fat . The water proved unctuous to my hand , as before , but the setting had no longer the fineness , and melting taste of Almond butter , but seem'd as if it were not finely powder'd , and besides its bitterishnesse , to have an evident piercing adstringency . From whence I concluded , that it could not be obstructive , but opening , and that when the fatty alimentous parts were distributed for nourishment , the others ( as before they seemed to corroborate the stomach , and promote digestion ; which things moderately bitter and adstringent do : so now they ) open the obstructions , promote concoction in the several guts , and go away in stool : which is the excellency of bread corn , that the bran doth

doth promote the appetite, and digestion, and keeps the body open, and is more healthy then Manchet, and it is mix'd by many with successe in *Diet-drinks* to this end.

And it is further observable, that in this Experiment, whereas the Nut it self, and the paste of Cacao, and the Cream, and the two first Setlings ( yea, and the Fatty water) did by their burning give more or lesse *visible testimonies* of their *uncinous nature* in their flames, the last greety and incoherent Setling would not burn at all in flames. Besides, during the reiteration of these Experiments, ( which was a fortnight ) there never appeared any *augmentation* of the cream by standing beyond a few hours; nor no alteration in it by standing ~~sundry~~ dayes: the cream, the water, the Setling were still the same, as to consistence, colour, and taste: it never, as to any part of it, soured in a fortnight's keeping, nor gave any sign of corruption, though, during that time, I boiled, and milled the same decoction several times, and upon any fire to heat it I observed that Setling to arise, and incorporate with the rest, the cream dissolving; as Urine, when turned at the fire: and when it cooled, it did resettle before; as the said Urines do in like case. At the same time, as I tryed sundry Experiments with paste of the one lump, I observed, that, having boiled the water,

and dissolved the Cacao passe in it, and milled it but a little: though upon cooling it seemed very fat, yet did it yield but little cream. Another part, that was well milled, and yielded as much cream, as covered the pipkin all over to a moderate thicknesse, being skimmed, and milled, and cool'd, and creamed again; I took it, and heated it till it began to boil, and then poured it out of the pipkin instantly, and it came out so clearly, and without any reliques of water in the pipkin, as water doth usually glide off oyled cloth, or other vessels, when cold water is powred on cold grease. And this happened upon three tryals, the water being thoroughly unctuous by being twice or thrice heated, and milled (for else it succeeds not:) and to make it more conspicuous, in several parts off the pipkin I could obserye some little remainders of the water slide off in round globes, or corpuscles, as it will do off oyled cloth, or greased vessels.

From whence I thought I might collect a reason, why the fattynesse of the Nut doth not annoy the stomach, being taken in drink, as other fat, or oyl will: for it exactly commixs with the liquor, and swims not on the top: (in these last Experiments it was never milled; but, having been milled some dayes before, and cooled in the pipkin, it was again heated, and stirred with a spoon a little, and powred out) and if, as it cools,

part

part of it seem to ascend, yet doth not that all condense into cream: but the water under is fatty; and as it is hot, and boils, it is still so (as appears by this Experiment:) which happens not so in other *fat broths*. Thus, the *unctuous parts* not floating (as in fat, or butter, dissolved in posset drink to provoke, or help vomits) on the top, and the *bitterish* and *adstringent parts* by a little heat commixing with the other, it must be a very great repletion can make *Cacao paste* offensive to the stomach, and its orifice.

I took also *Cacao paste*, and dissolved, and milled it well in cold water; and it did froth, and upon standing yield a cream in as great a proportion, as that did, which had been dissolved in hot water, and well milled: the cream was *yellowish*, and inflammable; the *settling* was just as to colour, and taste like to the other: saving that, drinking of it before it settled, I found it to be nauseous to the stomach; so as I, who hitherto never distasted any thing I had a mind to take, could not much relish the drinking of it: nor that it was vehemently cold to the stomach, but that the fattiness of it made the water unpleasant being cold: and it had also a rawishness in it, as if the fat required boiling, or further Cookery; which yet I felt not upon eating either the nuts, or paste of *Cacao*. Or else it was because that the warmth of the water causeth a more absolute commixture

commixture of the parts, which may prevent, as well as of those, which may cause nauseous-nesse. Or it was because that many things may be taken hot without offence, or distast, which cannot be so, when cold : the heat of the *vehicle* either correcting the potion, or corroborating the stomach.

I took also some simple *Cacao paste*, and put it into cold water, and set it on a gentle fire, stirring it with a spoon till it was dissolved : I suffered it to boil gently, and kept it all day in such a posture, that it did either boil, or continued boiling hot, but rather the latter. After it had stood seven or eight hours ( during which time I observed the Decoction to grow extraordinary oily, and to fill the spoon with a water so thick, that I thought it was transformed all into fat, and oil ) it appeared all full of globous corpuscles, as if it had been oil broken into parcels : but these Corpuscles did never embody into greater quantities, nor commix upon agitation ; yet by long digestion I observed they grew to a larger size, yet would not commix : there being besides them a distinct fattiness to be seen. And in the end, I perceived a new body to discover it self in great quantities ; it was not globous, but flattish ; and for colour, and taste, and nature participated more of *button fat*, than any thing else. It was of colour yellowish, inclining to white : and had little taste of the *Cacao's bitterness*, or *adstringency*.

stringency. These fatty Particles I could not get to embody into one, or more bigger bodies: though I could agitate them with a spoon ( for I never milled them ) into lesse; yet did I perceive, that some of them were bigger then others, and at last some of them did enlarge themselves into a size as broad as a Groat, and of an indifferent depth, or thicknesse: yet could I not stir these into one or more bigger masses. Whereupon I set it to cool: and it was long before these bodies of oil, & fat, did harden, and disappear out of their former shape: so that I thought I had resolved it into Oil, since no Cream was to be seen. But being called away by busines(s) ( which permitted me not the leasure to observe the minute changes in this reiterated Experiment ) at my return I found several whitish, or pale-yellowish bodies like to Fat swimming on the top, there being no Cream, nor other body to overcast the top, and hinder their free floating: some were bigger, thicker, and broader, and longer then others, and of no determinate Figure. They were very solid, and melted on the tongue totally, as Fat, or Butter would, or Clarified Deer's-suet, to which they were equal in hardnessse: they had ( as I and others judged ) a farewell or relish of the Cacao at last upon the tongue. So that I observed, that no dissolution could totally separate its bitterishnesse, and little piercing adstringency, which is peculiar to the

the Nut; and consequently it could never easily become offensive, or obstructing. The Water or Decoction was fatty, and had a deep red tincture: and the Setling as it was deeply red, so it had little of Oilinesse, or resemblance of Almond butter; but it was attended with a roughnesse, or sensible inequality of parts, the unctuousnesse being almost as much extracted from this Setling, as from that, which had been Decoceted, and Milled in several Waters; of which I already spoke. I could see no tokens of what carried, whilst it was hot, the appearance of Oil. Having shewed it for several dayes to divers persons, I heated it again, and instantly the said hard Fat dissolved, the Setling did remix with the rest of the Liquor: and I had a Decoction of a most deep red, and swimming with large Fatty, and Oily Particles: I caused it to be well milled, and setting it to cool, the said large innatant bodies, resembling a Solution of Fat in Water, and parcels of Oil, were dissipated, and broken, or so incorporated with other Corpuscles, that I could get very few, and those very very small pieces of solid Fat: ( the same happened in compound Chocolata ) though I had before had lumps, that might weigh ten or twelve grains. But there did gather on the top a skin, or cuticle ( very thin ) though the body of the water and top did shine with a visible Fattishnesse; and powred out of the pipkin with such an unctuousnesse,

or

or oyliness, being scalding hot, that nothing did, or would stick, or otherwise, then glide off, as from oiled cloth, which it doth not, when powred out cold. Of fat, it was not hard, but having an affinity with the usual cream already mentioned in other tryals, but *improportionate* to the fat dissolved: and the setting seemed to me more unduous, then before, and like Almond butter.

I have not time to multiply reflections hereon, but whosoever shall set himself to observe the dissolution of Cacao paste, or Chocolata cakes, according as they are milled in water, or not milled; and according as they boil, and not boil therein; and according as they gradually dissolve on a quick or leisurely fire, will finde a great diversity of parts, occasioned by the different texture of them: and shall finde both colour and taste to vary several times (especially in the Compound Chocolata) to his amazement. I shall conclude with one tryal more; The powder of Cacao paste tastes very fatty, yet (according to variety of nuts) it dissolves with the least heat on a stone like butter: but a great heat dries it, and leaves a red, bitterish, and astringent powder behind. I took also of the said paste, and heated it on a fire shovel; and if at first it melted with a gentle heat, it did evaporate away its oily parts by a more violent one: and, smelling to the smoke arising from it, I had my smell affected with such a nidor, as issues from fat, when

when broiled on the coals, but milder.

These circumstances of its fattiness, and oiliness, and of its nidorous exhalations being burned, do very much recommend the Nut for a very nutritive thing. Its dissolving by the least fire, or warmth, argues its facile digestibleness. Its easy concretion evidenceth its promptitude to be assimilated into nourishment of the parts. And its nidorous vapour, being burnt, proves, that it carries with it ( if any can doubt this, that sees the Oil, or Fat, swimming in the pure Cacao decoction ) at least a potential fat, and is a greater elogy of its symbolizing with our bodies, then it is for Bread, that by Chymical digestion it should in time be converted into blood, as some tell us.



But to improve this Argument from reason a little, it is the general usage of the Indians, and Indian writers, which is no lesse, then the testimony of uncontroverted Experience, that this Cacao nut is very nourishing: that it is multi nutrimenti, is the assertion of <sup>f</sup> Hernandez: that it doth fatten ( being made into Chocolatl by the sole mixture of Pocholt grains ) by frequent using it, is likewise avowed by him. Chocolatl paratum ex granis Pocholt, & Cacauatl, eqnâ mensurâ, quod magnopere traditur corpora impinguare, si frequentius eâ uti contingat. And Dr. Juanes de Barrios tells us, that, when they used in Guatemala the plain and simple Chocolata, they found it very nourishing. Es comoda

<sup>f</sup> Hernandez.  
Herb. Mexic.  
lib. 3. c. 46.

<sup>g</sup> Dr. Juanes de  
Barrios de  
Chocolata.

pues

pues ella sola suple el almuerzo, y algunas otras comidas, por que con ella no es menester, pan, ni corne, ni bebida, y en un momento se hace y sacona, lo que no ai en las otras.

In fine *Jo. de Laet*,<sup>b</sup> tells us, that it is very h *Jo. de Laet*  
nourishing (*præclarè nutrit*) and that the Hist. Ind. Oc.  
cid. l. 7 . c. 23 Indians by the help of *Cacao* nuts alone do  
subsist all day, notwithstanding their great  
labour, and heat. Which is a truth well  
known to our Seamen, and Land soldiers,  
in, and about *Jamaica*, that by the help of  
the *Cacao* nut made into paste with Sugar,  
and dissolved in water, neither having, nor  
wanting other food, they usually sustain  
themselves, sometimes for a long season;  
and I have been assured, that the *Indian* wo-  
men do so feed on it, (eating it often) that  
they scarce eat any solid meat twice in a  
week; yet feel no decay of heat, or strength.  
All which is purely to be ascribed to the  
nourishing nature of the *Cacao* nut, and  
not to the other Ingredients; since few of  
them are found endowed with any such qua-  
lity, nor is there intermixture with the  
*Cacao* nut of any long date, the latter of  
which hath been already evidenced in the  
beginning of my discourse: and I shall de-  
monstrate the former, before I conclude.

But however that the *Cacao* nut, being  
grinded into a paste, and dissolved in hot  
water, be so nourishing, yet have the *Indi-  
ans* and *Spaniards* an ill opinion of the Nut,  
to eat it whole, and not in the usual manner  
of

of drink. Which, as it is told me by that  
 ingenious Gentleman, Major Fairfax ( who  
 lived long in *Jamaica*, and is newly return-  
 ed ) so it is confirmed by the authority of  
 Mr. Gage.<sup>i</sup> ‘ The *Cacao*, if it be not stirred,  
 grinded, and compounded to make the  
 ‘ *Chocolatta* ; but be eaten, as it is in the  
 ‘ fruit, ( as many *Criolian* and *Indian* wo-  
 ‘ men eat it ) it doth notably obstruct, and  
 ‘ cause stoppings, and make them look of a  
 ‘ broken, pale, and earthy colour, as do  
 ‘ those, that eat earthen ware, as pots, or  
 ‘ pieces of *lime walls* ; which is much used  
 ‘ amongst the *Spanish women*, thinking, that  
 ‘ pale and earthy colour, though with ob-  
 ‘ structions, and stoppings, well becomes  
 ‘ them. Which Observation, if it be true,  
 makes no more to the prejudice of the *Ca-*  
*caco* nut, then it prejudiceth Wheat, Oat-  
 meal, or the like, ~~that~~ being eaten unma-  
 sticated, or raw, they do create, or encrease  
 the Green-sicknesse in maids. I say, if it be  
 true : for here in *England* the honourable  
 Robert Boyle can bear me witnesse, that seve-  
 ral honourable *Relations* of his have eaten  
 them for several years, and continue to do  
 so ; in the beauty of whose faces the world,  
 as much as it is interested therein, can ob-  
 serve no diminution : yea, they profess it  
 as a real and experienced truth, that, if at  
 any time their heads ache, to eat twelve of  
 those nuts is a present remedy. Another  
 Lady protested to me, that by the eating of  
 those

*i Gage Survey  
 of the West-  
 Indies c. 16:*

those Nuts, she feels Hypochondriacal vapours (with which she is much troubled) to be instantly allayed, or appeased. So far are they from participating of the usual Malignancy of Nuts, to beget shortness of breath, Obstructions, and Head-aches. To the former Experiencies I must add, that they are observed to be more laxative, than binding; and that neither Mr. Boyle, nor my self (who did eat two pound once, and great quantities since on purpose) ever felt any heavyness, or annoyance in the stomach, Head, or elsewhere. Nor have I (as neither do the others) been curious to choose particular times to eat them in: but at all hours, and seasons, Morning, and Evening, before, and after meals: all day, as opportunity, or other circumstances invited us thereto. It may be then, that the obstructions, and discoloured complexion of the Women in

the Indies either is fabulous; or to be attributed to their eating the Cacao Nuts, whilst yet they are not sufficiently cured from their excrementitious moisture, and humidity: or that they eat another sort of Cacao Nuts, then should be

Here I desire to observe, that, though I have my self many times eaten great quantities of the Cacao nuts unreduced to paste (as also of the simple and compound paste) yet did I never find my Stomach to be fill'd by them (as if they had dissolved instantly therein) but rather satiated, though not cloy'd; which happens not in other solid food taken so: nor could I ever perceive they did that way much nourish me; though I did eat at one time beyond any proportion, that I drank at another; and yet was fed and sensibly refreshed by the latter course.

used in Chocolata : ( for it is a great can-  
tion in the making Chocolata, not only, that  
the Nuts be well cured, and dried ; the older  
being accounted the best, if not corrupted,  
and decayed : and that they come from  
Caracas, and Soconusco, not Guaiacbil, or the  
like ; but that they be of the sort call'd

<sup>k</sup> Hernandez l. <sup>k</sup> Clalcacabuatl especially : whereas they  
3. c. 46. Gul. they make Confec̄ts of <sup>l</sup> Quaubpatlatli, ( or  
<sup>Arom. cap. 18.</sup> Piso in Mant. Patlaxt, which <sup>m</sup> is not so usefull as the  
ordinary, yet is used by the meaner sort.)

<sup>l</sup> Hernandez <sup>i</sup>bid. Or, if it must be understood of the right  
m Gage Surv. Cacao ( which they often eat <sup>n</sup> roasted, and  
c. 16. made into Confec̄ts, and their Women fall

<sup>n</sup> Piso in Mant. Ar.c.18. into Hysterical and Hypochondriacal Distem-  
& Anton. de Herrera cap. pers, very difficult to cure ; which is avow-  
10. Hist. Ind. ed by Piso, as an usual accident there, as  
Occid. well as by Mr. Gage ) I can only say, that  
it hath not yet happened so here : and that  
however, we ought to remember that old

Arabian Maxim in Physick, *Qui non bene masticat, odit animam suam* ; ' He, that doth  
' not chew his food well, is an enemy to his  
' own life. Of so great Consequence is ei-  
ther that salival ferment in the mouth,  
which inchoates digestion, being impressed  
into the thing chewed ; or the due commi-  
nution, and subtiliation of food : it being  
well known, that the eating of any meat  
in great morsels, and without chewing, oc-  
cationeth the inconveniencies attributed to  
the eating of the Nuts not reduced into a  
paste by Grinding. For it is observable, that  
the

the Paste of the nut will melt in the mouth perfectly, if it be well made: but the nut will not (that I could observe) though well chewed. And therefore it may seem a just caution, to weak stomachs especially, that their Chocolata be made with a Paste exquisitely made, the Nut being first powder'd, then searced finely, and then carefully grinded. And then there will be little or no inconvenience from the eating the Cacao Nut so order'd, either in Pastills, or Cakes; provided the other Ingredients be not noxious.

I shall now speak of the qualities and temperament of the Cacao Nut. And indeed in Taste it is none of the most pleasant, to those that are not used to it: which made Clusius say, that, besides its ~~adstringent~~ Taste, it had so unpleasent an one, that it was no wonder, if such as first taste the primitive Chocolata, care not for it. Of the same judgment was Benzonius: for which he was laughed at by the Nicaraguans, and necessity made him to comply at last with them in drinking it in that original and simple manner. It hath a Taste somewhat bitterish, and sub-adstringent: and hath such a mixture of parts, that Authors no way agree in Charactering its temper. If we look on the Nut, and taste it without any other preparation, then that of taking off the hull, one would accord with <sup>o De plant.</sup> Ro- <sub>Ind. Occid. c.</sub> blez; *El Cacao es frio y seco de su templansa,* 54.

y per esto tienan partes astringentes, con que  
opila : 'The Cacao nut is by temperament  
' cold, and dry, and therefore hath adstrin-  
' gent parts, with which it begetteth Ob-  
' structions. Truly that it is dry, seems  
then sensible : and that it is cold, the u-  
niversal experience of all, who say it al-  
lays thirst incredi-

p Hernandez lib.3.cap.46. Acutâ agritudine laborantibus exhiberi solet ex eo se-  
mine parata potio, cui nibil praterea com-  
mixtum sit, contemperando astius, & fer-  
vori placando, & eis, quos calida in-  
temperies hepatis, alteriusve partis  
vexat.

Benzonus lib. 2. Ex nucleo Cacao sunt  
sorbitiunculae refrigerantes : eam ob cau-  
sam adeò expetire, ut cum iis quidvis  
vel pretio, vel p̄su earum commurent.

Jo. de Laet lib.6.cap.2.Hyp. Ind Occid.  
Simplex enim potio ( sc. fructus Cacao )  
refrigerat, & nutrit insigniter.

bly, and cools the Li-  
ver, or any other  
inflamed part, seems  
a pregnant Argu-  
ment. And of the  
same judgment with  
Roblez ( who lived  
in Peru ) was Dr. Ju-  
anes de Cardenas,

who lived in the In-  
dies, and practised  
Physick there, and

made use of his own judgment, as well as  
the Narrations of the Natives. He thinks  
the Cacao nut to be cold and dry in a de-  
gree betwixt the first and second. Because  
he is an eminent Writer, and his Assertions  
may perhaps suit best with the generality of  
Physicians inured to old Hypotheses, I shall  
set down the substance of his judgment as  
to the Cacao nut.

q Dr. Juanes de Cardenas lib. 7. De propr. Chocolatis. ' He acknowledges a triple distinction of  
' parts in the Cacao nut ; from whence aris-  
' eth a ternary of distinct Qualities in it.  
' The first is a cold, dry, earthy, and melan-  
choly

choly substance : which if it prevail above  
 the rest, it produceth Obstructions, and  
 Melancholy, and destroies concoction.  
 The second is *airy, hot*, and proportionate  
 to *butter*, which by agitation, and milling,  
 riseth in froth. This he reputes to be *hot*  
 and *moist*, and of a lenifying nature, which,  
 whilst it prevails, begets a quite contra-  
 ry effect: for it nourisbeth much, and  
 multiplies Blood, and vital Spirits, and en-  
 ables men to labour. This butyrous sub-  
 stance doth principally manifest it self in  
 the *Cacao* nut, when it is indifferent aged,  
 and hath been kept a good while: and is  
 not a little helped in the shewing it self, by  
 being roasted, or heated in a frying-pan,  
 or kettle, before the oil be drawn, or it be  
 made into a paste. The third sort of parts,  
 which he professes to be in it, is *hot*, and  
*dry*, which carries with it a faint resem-  
 blance of adustion, which makes it to seem  
 bitterish to the taste. By reason of the lat-  
 ter parts, it becomes penetrating, and  
 conveys the other alimentous parts into  
 the body; it provokes sweat, and monethly  
 evacuations in women, it opens all Obstruc-  
 tions; and these guide the more oily and  
 butyrous parts into the entrails, whereby  
 the body is preserved soluble. This mul-  
 tiplicity of parts produceth several effects  
 in the persons using *Chocolate*, according as  
 they are healthy, or sick, of a weak or  
 strong stomach, troubled with Obstructions,

or free from them. And much depends on the individual constitution of persons : as also on the Artificial mixture of it into *Checolata*, whereby the several parts are augmented, and vigorated, the butterous parts set at liberty from the confinement they were under by reason of the *hypnick Particles*; which more appear to sense in the nut, than in the mass : for the former dissolve not on the tongue, ( no, not when chewed ) as doth the latter : nor hath the latter that sensible astringency, and bitterness ( joyned with its unctuousness, and aptitude to melt on the tongue ) as the former.

*Hernandez* ( who was principal Physician in the Kingdom of Mexico, and was appointed by Philip II. to write Medicinal and Natural Observations in that Province ) is at a great loss, what Nature and Temperament of it out of *Fr. Ximenes*, *Cacao fructus* made up of different Particles, but very well teneri sunt nū embodied, and mix'd; it is something bitter, trimenii, sapo- something sweet ; and either of a temperate ris inter dul- Nature, or a little inclined to coldness, and cem & amarum medii, temperie moisture.

*Others* are of opinion, that this *Cacao* nut is of a temperament inclining to heat, and moisture : and they consider not the nut, as it is entire, or under no greater comminution, then what the teeth infer : but as it is grinded into a paste, and ( sometimes as ) mixed with water, and agitated into froth by

*aMolinet.* And their reasons are; first, because in the grinding it into paste, and in the working it up, and in the dissolving it in Water again, still there are no visible signes of anything ( if it be well done, and the nuts good) but of parts moderately *hot*, *moist*, and *unctuous*, or *butyrous*; there being little or no *terrestrial*, and *heavy*, gross settling whilst it is hot, and when it is milled, it goes all almost into *froth*, and *fat*, which proceeds ( say they ) from an airy, hot, and moist substance, mixing with wind. Another Argument they bring for their opinion from the quick nourishment it gives; For, ( say they, and *Galen* too) that it could not so soon turn into nourishment of the Blood, and Spirits, if it had not a proportionateness, and agreement of temper therewith: for there would be some time requisite to assimilate and change what hath a discrepancy with our Nature, before it could nourish us. But that, which is analogous to our nature, is Balsamically *hot*, and *moist*: not *cold*, and *dry*; which are enemies to it.

*Gnl. Piso* resolves the controversies of the Cacao nut thus,

*Veniamus ad Cacacii Qualitates intrinsecas.*  
*Has equidem ex effectibus, ceterisque indiciis,*  
*constat esse temperatas. Substantia ei ex crassioribus simul & tenuioribus partibus composta*  
*est prorsus: ut in infinitis aliis vegetabilibus*  
*observatum est, diversas omnino sub eadem forma*  
*Substantias contineri. Noster autem Caca-*

cius in pulverem redigitur primum, & solâ mox,  
 et si frequenti tufione p̄ficitur, & in massam co-  
 gitur. Quod cùm fiat sine ullius rei admistione,  
 ratio arguit aliquid esse in eo tenacis & bitumi-  
 nosi instar humoris, Aeris Elemento respondens.  
 Multa insuper eidem, quibuscum suâp̄te naturâ  
 miscetur, insunt ignea, quæ necessariò incidere  
 atque referare debent corporis meatus, non ve-  
 rò p̄cludere, ut quidam voluerunt: nisi hoc  
 intelligent de crudo, vel tosto, vel Saccharo  
 condito, quo mulieres in Indiis nimium vesci a-  
 mant, unde uteri, alvi, & Hypochondriorum  
 obstrunctiones incurruunt difficillimas. Verum  
 totum hoc oritur, quod interior ejus substantia  
 dentium incisione non exactè comminuitur, nec  
 perfecitè commiscetur: requiritur enim artifici-  
 osa molæ versatilis contritio; atque tunc demum  
 siquid noxie superfít frigiditatis, aliorum ca-  
 lidorum commixtione temperatur, communi-  
 catâ singulis partibus hâc intime jus substan-  
 tiæ qualitate.

' It is manifest by its effects, and other  
 ' signes, that, as to its intrinseck Qualities,  
 ' it is of a temperate Nature. Its substance  
 ' is made up of some subtle, and some gross  
 ' parts; which sort of mixture is observable  
 ' in many other products of Nature. This  
 ' Cacao nut is first beaten to powder, then  
 ' without any accessional [ but a gentle heat  
 ' on a stone, or iron-table, or mortar ] it is  
 ' worked laboriously into a mass, or paste.  
 ' Which, since it is done without the addition  
 ' of any other thing, it is an evident Argu-  
 ' ment,

ment, that there is in it a tenacious and bituminous Substance. The mixture of other Spicery corrects its coldness; they penetrate, and open Obstructions: so that *Chocolata* is no way obstructing; however others, by eating raw, or rosted Nuts, or crushed into confects with Sugar, (much used by the *Indian* women) may fall into tedious obstructions of the Spleen, Liver, Hypochondria, and Womb. For these inconveniences happen, because it is not exactly grinded, and that the performances of the Teeth and Stomach equal not those of the rowler in grinding, and the molinet in actuating the Particles of the *Cacao nut*.



I shall reserve the particular decision of the controversie, until I have made a greater inquiry into the nature of the Nut, and its several parts, and have examined my self its several effects in *Jamaica*, at more leisure: but suggest these present Considerations.

If the Nut be a right good Nut of *Nicaragua* (or *Caracas*) and *Soconusco* (the Nuts of the Islands are not reputed equal to those of the main: and in *Jamaica* I have eaten they have but newly learned to cure them; and used as in which there is much art) and so old, good Nuts of as to be at its perfection, not decay'd, and of a darkish red, approaching to black, after it is pilled, it is to Taste, astringent, yet met with. any, I have and a little bitterish; but not very unpleas-

sant

sant to any, who shall have eaten but a few of them. It will be *dry*, and *hard* to taste, and not dissolve into an *unctuous* liquor in the mouth : though you may easily perceive in a rich nut to the Taste an extraordinary butyrousness, though congealed, and fixed by some particular Principle else. I never could observe any coldness in the nut at all neither, on the tongue, nor stomach ; nor yet any sense of heat. If the sensible bitterness must argue heat, the effects of which are not further perceived, because the unctuous parts implicate and dull the vigour of the other ; and if that the sensible unctuousness in the most dry nuts, maugre the stypicity, evinces their moisture : yet will any, who eats the nut, be apt to excuse them, who by their taste judge the nut ( ungrinded ) to be *cold* and *dry* in the first and second Degree.

I have already shewed, that our Experience in England in my self, and others, ( some being well, some being sickly ) doth not evidence the Nut eaten of it self ( not reduced to a Paste on a stone ) to be obstructing, or clogging to the Stomach : and, whereas it is attributed to the grinding, and so commixing the parts, that it keeps the body soluble, our Experience shews, that even the Nut eaten produceth the like effect; though by the taste one would conjecture otherwise.

Whereas it is said by some, that the Nut in

in Paste dissolved into water is of an *hot* as well as *moist* nature: I must propose some doubts thereto, since it is so good in fevers, and to quench thirst at other times; and is so repugnant to *cold Stomachs*(a general calamity in hot Climates) that the *Indians* and *English* generally are inforsed to mix with it either *long Pepper*, or *Jamaica-Pepper*, or *red Pepper* call'd *Chilli*, to make it supportable to their Stomachs: and Men, otherwise of unquestionable strength, and health, have assured me upon their own experience, that this is *true*. Besides, it is a known Experiment both in *Spain*, and the *Indies*, that the *butyrous* and *oily* part of the *Cacao nut*, being taken of, and preserved from the *Chocolata*, or otherwise drawn, is a very great remedy against Inflammations, and particularly the *Erisipelas*, or fire of *St. Anthony*. And in such applications it is sensibly cooling.

In fine, let men debate eternally the temperament of the *Nut*, they, who have ascribed to it *Qualities* altogether repugnant to nutriment, have never controverted its incredible nutritive faculty. It is in this that all agree. It is *multi alimenti*, yields plentious nourishment, saith *Hernandez*; who holds it to be temperate, or inclining to *cold* and *moisture*. *Jo. de Laet* saith of it, *refrigerat, & nutrit insigniter*, it cools, and nourishes exceedingly. *Dr. Juanes de Cárdenas* professeth, that it yields *buen sustento*

*al cuerpo*, good nourishment for the body. And Roblez, who concurs in opinion with the other, that it is *cold*, and, *dry*, declares it to be *summamente alimentoso*, exceeding nutritive. And Benzonius gives it this Character, *Ea Cælia sapore aliquantum amaro satiat, & refrigerat corpus minimè tamen, inebriat*: ‘That muddy Drink, or Ale, with its bitterish taste *satisfies*, and *cools* the body, not intoxicating any way the Head. And it is observable, that albeit the eating of *Callises*, and *Jellies* continually, doth so debilitate the Stomach, that, thorough much use of the former, men become incapable to digest any grosser meats: of the verity of which practical Observation there is a notable instance in *Santorius*’s of a Student at Padua, who, that he might have more time to study, and not be diverted therefrom by any regard of Diet, fed himself only with *Jellies*, and *Callises*, where-with he expected not only to be strengthened much, but also freed from the concerns of exercise, and other circumstances necessary for digesting stronger meats; but he afterwards falling sick, and being inured to no other food, then that appertained to sick-folks, whilst he was well; being sick could receive no *sustenance at all*, and so dyed lamentably for want of food, more then by the violence of his disease: I say, it is not so with the plain *Chocolata*, made of the pure *Cacao-Paste*, and perhaps a little

Sugar

Sugar, and Pepper; for the Indians, English, and Spaniards, who have lived on it several days, sometimes weeks, without any other food, do without any inconvenience resume a more gross Diet, and again intermit it at their pleasure.

I have been thus particular in the inquiry into the nature of the *Cacao nut*, because it is the principal Ingredient in *Chocolata*: and it is this Nut alone in the Composition, ( if there be neither *Maiz*, nor *Bean-meal* in it, which may be admitted in small quantities as wholesome, for ought I can imagine; or *Pistachia nuts*, or *Almonds*; of the healthfulness of either of which, but especially the latter, I doubt as to this Composition ) which yieldeth the nourishment, and fatness, which is expected from the *Drink*, and often found. All the other are but Spicery ( under which I comprise *Amber-grise*, and *Musk* ) and serve at best but as a Vehicle to distribute the *Cacao nut* into the body, and to make it agreeable to the *Stomach*, which otherwise might, and often is troubled with the coldness of the *Cacao*, or what other Quality it may have ( perhaps too much relaxing the *Stomach*, or offending its Office by its unctuousness ) whereby to offend the *Stomach*.

And since the Indians did first correct it with *Chiles*, or *red Pepper*, I shall speak of that in the first place.

*Chiles, Chilli, or red Pepper, in the language*

<sup>t</sup> Acofta Hist. Ind. l. 4. c. 20. u Piso hist. Nat. & Med. l. 6. c. 15. ex Ximene. x Hernandez l. 5. c. 3. y Acofta l. 4. c. 20. Piso ex Ximene l. 6. c. 51.

guage of <sup>t</sup> Cusco is called Uchu; in that of Mexico, Chili: or <sup>u</sup> Chilli by the old Inhabitants of Hispaniola ( call'd Haitini by <sup>x</sup> Hernandez ) it is called <sup>x</sup> Agies ( by Robles, los Agies) which some y otherwise write ( according to the variety of spelling ) Axi. By Monardes it is called La pimienta de las Indias. In Portugal it is call'd pimienta de Brasil. In Brasil, and by Piso, Quiya. In fine, amongst almost an infinity of names, the most usual now are long red Pepper, and American or Brasile Pepper, for no other reason, but that the Portugbese brought it first thence. <sup>z</sup> It was much esteemed of in old time amongst the Indians, which they carryed into places, where it grew not, as a Merchandise of consequence. <sup>a</sup> And in all the inhabited places of America it is so frequently used, that there is scarce any meat dressed without it. <sup>b</sup> This Spice the Spaniards love, and will have it in all their meat, that they intend to have picant: for a greater Hough-goo is not in the World; Garlick is faint and cool to it. It is so violently strong, as, when one breaks but the skin, it sends out such a vapour into the Lungs, as he falls to coughing, which lasts a quarter of an hour after the fruit is removed: but, as long as it is garbling, they never give over. To describe its several kinds, and particularize its virtues, it would be requisite to transcribe the Treatise of Father Gregory the Capuchine upon this

this Subject, which is to be found in *Carolus Clusius's Curæ posteriores*, *Piso*, and *Hernandez*. However that the Spice merits great commendation, and that <sup>c</sup> *Monardes*, and <sup>c</sup> *Chap. 54.* <sup>d</sup> *Oviedo* prefer it before the *East-Indy Pepper*: <sup>d</sup> *Histor. Nat.* and that many <sup>e</sup> repute it to be *cold*, and <sup>Ind. l. 7. c. 7.</sup> *well-tempered*: (as do <sup>f</sup> others that of the <sup>e</sup> *Acosta ubi East-Indies*) yet it is by such, as regard <sup>f</sup> *Bontas c. 5.* the testimony of what they taste, and feel, *De cons. valet.* (before traditional Discourses) to be <sup>g</sup> *hot* <sup>in Ind.</sup> in the highest Degree. *Quartum bæc caloris* <sup>g</sup> *Acosta ubi gradum attingunt, & tertium ferè ficitatis,* so saith <sup>h</sup> *Hernandez*. And *Monardes a-* <sup>b</sup> *Ubi suprà.* vows them to be *hot*, and *dry*, as it were in the fourth Degree. *Escaliente, y seca, casi en quarto grado.* There is this caution given of them, <sup>i</sup> that they inflame the <sup>j</sup> *See Acosta;* Blood, and distemper the Eyes, <sup>k</sup> *the Liver,* <sup>l</sup> *Hernandez,* and the Reins; that <sup>m</sup> *they create Fevers,* <sup>n</sup> *Piso, ubi su-* <sup>p</sup> *prá.* Pleurisies, and Peripneumonies; that they are no way agreeable for young folks, but for the old Flegmatique. Which *Assertion* is to be understood of its *unproportionate mixture* with other Compositions.

Another Ingredient in the composition of *Chocolata* is that most delicate of Spices, call'd usually in England Pepper of *Jamaica*, by the Spaniards Pepper of *Xamaiça* (so *Herrera*, and other Spaniards call *Jamaica*) Pepper of *Tabasco* or *Tamasco*, and Pepper of *Cbiapa*: and by the Indians *Xecoxochitl*. It is commonly called in *Jamaica*, *Pimienta*: which name they took from the

the Spaniards, some of which I find to call it *gravos de pimienta*, and *pimienta* alone: though otherwise that name is of a greater comprehension. This Spice hath a most delicate smell, and such, as resembles an *Orange stuck with Cloves*: being swallowed whole, it amends the breath, is excellent against Wind, and helps digestion, and yields no sign of an immoderate heat; but being broken, within the outward husk, or shell, there are two ( sometimes three ) little grains, which make the impression of a pretty violent heat, yet short of the other Peppers: I have not met with any Writer, who utters a word to their prejudice; a few of them, burnt with wine, recommend it for fragrancy, and taste, be-

k Fernandez yond any Spice. k Es la Pimienta de suave olor, caliente, y seca en grado tercero, Vide & Herbar. Mexican. L. 2. c. 5. de Xoco-Xochitl seu pipere Tabasc.

l. 1. fecht. 1. c. 14. cordial, desopilativa, provoca mezes, y es remedio à los dolores flatuosos, corroborá el estomago, y ajuda la digestion de la comida.

The pimienta (of Jamaica) is sweet-scented, hot and dry in the third Degree, opening Obstructions, Cordial, provoking the Terms, and it is good against Wind, and flatulent pains, it strengthens the Stomach, and Digestion, being eaten.

Roblez gives it this Charakter, E becho experientia desta semilla, o granos de Pimienta, y bolla en ella el calor, y sequedad iguales, y ser a proposito para confortar el estomago, interiormente bebida, o exteriormente aplicada,

aplicada. Sufre coſſimiento medianamente, y trituracion mediocre, y ſubtil, como les de mas aromaticos, y le tengo por ſubſtituto de los clavos de eſpecies: mata las leombrices con la parte amarga, y detiene los vomitos. That is:

'I have tryed these Seeds, or Grains of Pepper, and I found therein an equal ſiccity, and heat: and they ſerve for to strengthen the Stomach, being taken inwardly, or applied outwardly. It will endure an indiferent boiling, or punning to powder, as do other Spices, [ which loose their virtue by much beating, or boiling ] and I allow it for a ſubſtitute for Cloves. It kills the Worms with its bitteriſhneſs, and stays vomiting.

Jo. de Laet, in his Description of America, speaks thus of the Province of Tabasco, Lib. 5. cap. 3. and its Pepper. *Undam habet ea provincia* in primis arborem domesticam, quantivis pretii, quam vocant Xocoxchitl, que est arbor grandis, foliis mali Aurantiae, fragrantissimis, Floribus rubris instar Granati, odore item Aurantiorum, grato juxta, ac suavis fructibus rotundis, ac racematis pendulis, qui initio quidem ſunt virides, poſtead rufi, & ad extre- mum nigri; acris faporis, & mordacis; boni- que odoris; calidi & ſicci in tertio gradu, ita ut Piperi ſubſtitui, & pro Carpo-balsamo in Officinis poſſit obrudi. Hispani vulgo vo- cant Piper Tabascense. Corroborat cor, & ventriculum; amicum eſt utero; diſcutit fla- ius; aperit obſtructa; movent urinam, &

menses; succurrit colicis & nephriticis doleribus; consumit humores crassos & viscosos; fugat rigores febrium. i. e. The Province of Tabasco hath one tree particular to it [when Ximenes writ this, whom Laet follows; it was not known to grow in Jamaica, as it doth plentifully] which is call'd Xocoxochitl, i.e. a tree not to be valued. It is of a very large growth, hath leaves like an Orange-tree, being of a most fragrant scent; it bears a red Flower like to that of a Pomegranate, of a sweet and pleasing smell, and which also resembles that of Oranges. The Fruit is round, and grows in clusters, like as Grapes do, [so does the Amomum of Dioscorides] at first it is green, then red, and at last blackish: it is of an excellent smell, and biting taste. It is hot and dry in the third Degree, so as that it may be substituted instead of ordinary Pepper [but it is so farr short of it in heat, and bitingness of taste, that in Pies there is no comparison betwixt them; as I have seen,] and in the Shops it may pass [but without any resemblance] for Carpo-balsamus. The Spaniards usually call it Pepper of Tabasco. It strengthens the Heart, and Stomach; it comforts the Womb, it dispells Winde; it opens Obstructions; it provokes Urine, and the Ternis in women; it helps Colique and Nephritique pains; it consumes tough and viscid Humours; and drives away the cold fits of Agues.

I cannot pass by this delicate Spice, without

out putting the World in mind, that perhaps upon Observation there where it grows, and a little constraining of *Dioscorides*, it may be found to be the very *Amomum* of the Antients ; so famed in all their rich Unguents for Luxury, and so commended for Medicinal uses, instead of which we are fain to put into *Mithridate*, and *Treacle*, either *Culebs*, or *Cloves*, but, I hope, henceforward *Amomum* and *Carpo-balsamus* shall find no other substitute then this Pepper of *Jamaica*. I am not the only person who propose this : *Hernandez* (lib. 2 cap. 5.) professeth, it may be used instead of the *Carpo-balsamus*; and who shall enquire into the *Amomum Clusii*, will find how others, as well as I, have fomented this Opinion : of which I shall treat more hereafter, when I have observed its growth. In the mean while it seems to be that *Garyophyllum* of *Pliny* (lib. 2. cap. 7.) where, having spoken of Pepper, he adds, *Et etiamnum in India Piperis granis simile, quod vocatur Garyophyllum, grandius fragiliusque. Tradunt in Indico loco id gigni. Advebitur odoris gratia.* 'There is at this day in the Indies something, that resembles Pepper, men call it *Garyophyllum*; it is bigger and more brittle then Pepper. They report it to grow in a place of the Indies : and it is brought hither ( sc. to Rome ) out of a regard to the delicacy of its scent. There is not any thing in *Pliny*, which carries repugnancy to our Pepper :

its excellent smell, the name of *Garyophyllum*, being the Greek, not Indian name, and signifying *Cloves*, or *Clove-gillow-flowers*, with the smell whereof, (and taste of the former, but mildly) it hath a resemblance. It is more big, it is more brittle, and consequently, till a clearer discovery be made, we are to presume, that we have retrived after so many hundreds of years one of the most select Odours, that Antiquity ever boasted of.

I shall not add any more, untill I have prepared a second Edition in *Jamaica*. Instead of this, there is usually put, in common Black-Pepper, or White-Pepper: concerning the virtues of which I shall not enlarge. They are well-known already, and better known then approved of either by

*I Vide Pison<sup>s</sup> the Natives of those Countries where they in Mantiss. Aromat. c. 9. grow; or our learned Physicians in Europe.*

The next Ingredient of *Chocolata* is *Tlixochitl* (or, as some write it, *Tlixochil*) or, as the Spaniards call it, *banillas olorosas*, or *Vaynillas*. The former is the Indian

*m Hernandez* name recorded in *m Hernandez*; the latter *Herb. Mexic.l.* is the usual Spanish Term acknowledged by *2. C. 15.*

*n Piso in Mar-  
ii/s. Aromat.c.* *n Piso*, and others. The Plant is compared to *Aromaticall Arach*, it runs up Trees, as doth *Ivy*, it hath a broad leaf, in length eleven inches, and in breadth six, it resem-

bles a *Plantain-leaf*, but is more fatty, it is of a deep green; it bears a blackish Flower

Flower: it produceth a Cod, that is about six inches long, slender, and of a blackish colour (yet are some, that I have seen, reddish, and yet good) their smell is admirable, they, which have parallel'd it with Amber-grise, Musk, or o Balsame, failed in their Chara- o *Herrandez*, &ter; for it hath a peculiar mildness, and & *Piso*, ubi delicacy in it, not to be found in those o- suprà. ther. If, in the *Jamaica* Pepper we have found out what the Antients lost, it is herein that we have out-done them: it being a dis-covery, which, I doubt not, but a little Art will improve beyound all the odours yet p The Span- known. p It is reputed hot in the third ards put it in- Degree, and adds to *Chocolata* not only a cu- to their rious scent, but taste: and moderately pro- pramicæ, vokes Urine, and the monethly evacuations or Sneezing- in women; it strengthens the Brain, com- powders, a- fortis the Wombe, dissipates Winde, concocts vowing it to and attenuates gross and crude Humours. I corroborate infinitely: as I cannot do this excellent product of *Jamaica* am ascertained the injustice, not to tender the double Cha- ed by such, as racter given of it in Spanish, by two Spani- have seen this ards, that lived in the Indies, and whose Spain, and the Learning equalled their Curiosity. Indies.

Doctor *Fernandez* (lib. 1. Sect. 1. titulo *De los Bainillos*) speaks thus of them: *Son calientes, y secas en tercero grado, cordiales, provocabtias de meses, y de orina, aceleran el parto, elebar las pares, cueffen y adelgasen lo crudo, y fortelesan el corason, y cerebro, y ses facultades.* They are hot and dry in the third Degree, Cordial, provoke the Terms,

and Urine, and speedy Labour, and freeing for the after-birth, they concoct and attenuate Crudities, they strengthen the Heart, and Brain, and its faculties.

Doctor Juanes de Cárdenas gives us this account of them. *Las Bainillas compiten con el Ambar.* Son de complección caliente, y seca en primero grado, con que don al Chocolate muy suave olor: y se accentajan à las de mas en ser muy cordiales amigas del corazón: engendran espíritos de fuerte, y robusta mixtion, ayudan al coſimiento del estomago, y con su calor cueſſen los humores gruesos, y crudos; y lo que es mas que todo, con las partes sutiles, y calientes, consumen lo terrestre del Chocolate; con que le dexan mas puro, y sin los dannoſ de lo Melancholico. That is:

The *Vaynillas* equal Amber-grise. They are of Quality hot and dry in the first degree, wherewith they give to the *Chocolate* an exceeding sweet smell: and excell other Simples, being extraordinary strengthning for the Heart: they beget strong Spirits, and of a firm mixture; they promote digestion in the Stomach, and by their heat concoct crude and gross Humours, and, which is above all, with their subtle and hot parts they consume the earthy parts of the *Chocolate*, and so leave it more pure, and free from the inconveniencies, with which it might otherwaies threaten the Melancholy.

To conclude this Discourse of the *Vaynillas*; It is ſo called by the Spaniard, because that

that it resembles the *Vagnuila* or *sheath of a little Sword*; it much resembles the Cod of a French-bean in length, and shape; it hath in it a small Seed, which fills it from one end to the other, of a blackish colour, but very subtle parts, and scent. It is observable, that one *Spanish Writer* makes it to be *hot in the third Degree, and dry*; another only *hot and dry in the first Degree*. Such Contradictions are usual in Writers of the *Indies*, and not much to be regarded further, than as the resueries of men too Methodical, or as the intrigues of Nature to be paralleled in Opium, Camphire, Vitriol, Quick-silver, &c. concerning which our most inquisitive and Philosophical Physicians are so perplexed, and differing in Opinions, that we may pardon the discrepancy of the Writers alledged here. Whosoever shall try these *Vaynillas* by the strength and penetratingness of their smell, and perhaps by the vigour of their effects, performing what nothing of *European*, or *East-Indy* growth, of a less Degree in heat, and drynes, then the third, doth; will rank them with those of that sort; but here who shall consult his Senses, and observe the mild delicacy in these *American Products*, and particularly in the *Vaynillas*, which is inconsistent with so much heat, and dryness; and shall consider, that his tongue feels nothing parallel to what happens upon the tasting of a grain of *Chili*, or *red Pepper*(which yet is placed as hot in the third Degree) he

will by many degrees separate and distinguish the former from the latter. And indeed these powerful effects are not the consequents of an excess of Heat, but of parts moderately hot, and well subtilliated, and digested, in a Country, whose Climate yields an uninterrupted temperature of Heat to its production : from whence we may once for all observe, that it is impossible to provide any succedanea, or substitutes for these kind of Commodities : for to use Cloves instead of *Vainillas* is a ridiculous mockage, and hurtful to several complexions, in *Chocolota*.

*q Hernandez.*  
Herb. Mexic.  
I. 3. c. 41.

*r Piso in Mar.*  
c. 18.

*Chacanguarica*, *Pumagua*, or *Achioltl* (as it is called by *q Hernandez*) or *Achiote*, as it is usually called (Mr. Gage calls it *Achiotte*) is called by *Oviedo*, and *Clusius*, *Bixa*; by the Natives of Brasile *Yrucu*, and *Roucou* in the Description of the *Antilles*. It is a Tree, that grows every where in the *West Indies*, without cultivation; it is regarded as well for its use in Painting, as *Phyllick*. It is a Tree of indifferent bigness, leaved somewhat like to an Elm, after it hath flowred (which Flower hath scarce any sensible smell) the fruit grows out in a Cod containing thirty or fourty grains, which grains, before they

*s* When I am ripen to an hardness, yield a juice of a in *Jamaica*, I pure Vermilion colour : out of these grains, shall inform my self of the either ripe, or unripe, is the *Achiote* so called different

operation of *Achiote*, according as it is differently made : of which they, who bring it, or sell it, can give no account.

made

made by a way, I shall not repeat ; yet in the making of it up there is so great a difference, that it is very considerable, some having been purged to death, & others thrown into Fluxes by mixing *Achiote*, not rightly prepared; in *Chocolata*; which hath occasioned some to speak against its being put into it. But it is not by that Character, that the good *Achiote* must be censured : for, if rightly prepared, it is with very good effect mixed with meats in the *Indies* to meliorate their taste, and colour, and smell too.

<sup>x</sup> And *Piso* ubi in *Chocolata* it produceth all these effects, if suprá. <sup>Urucu, sive Achiote efficit, nè Choco-</sup>  
put in a due proportion : and makes it to be drunk more safely, and with lesse nauseousness : it makes it also to purify the Blood more, and to strengthen the inward parts. <sup>late, quantavis :</sup>  
In *Brasile* the *Achiote* grains, being duely prepared into Cakes, are mix'd in an indefinite proportion with a dish of *Carima* ( which is made of *Tipioca*) and given against Poysons, or other Distempers, promiscuously. <sup>hausta, noceat : illius quippe ope facile</sup>  
<sup>digeritur si-</sup>  
<sup>ne ulla crudite-</sup>  
<sup>tate. Ità Fr.</sup>  
<sup>Ximenes a-</sup>  
<sup>pud Burggra-</sup>  
<sup>vium in Hist.</sup>  
<sup>Braf. I. 2. c. 3.</sup>  
<sup>u Piso Hist.</sup>  
<sup>utr. Indl. 4.</sup>  
<sup>c. 14.</sup>  
It strengthens the Stomach, stoppeth Fluxes, and, being mixed with agreeable Juleps, al-lay eth Feverish heats. x It is cold, and dry, and moderately adstringent.

<sup>y</sup> *Piso* in *Mant. Aromat.* c. 18. *Fruetum grana rubri frigida sunt &*  
*sicca cum modica adstringione : ex quibus placentulas efformant, que non*  
*solum medicamentis contra quosvis Sanguinis Fluxus inordinatos, sed*  
*& cibariis immiscentur, gratumque simul saporem & colore iis sup-*  
*peditant. In primis autem omnia hac beneficia praestant confectioni no-*  
*stra Chocolatae, si certa quantitate addentur ; tunc enim tunc bibitur,*  
*& citra satietatis & nauseae incommodum : adde, quod sanguinem ma-*  
*gnificer, & viscera corroboret.*

Having

Having given you this testimony of it from the learned *Piso*, who interested not himself much in the digesting Plants into several Degrees, according to their first Qualities; but consulted unquestionable Experience: I shall now represent the several Characters of this *Achiote*, given by *Spaniards*, and such as lived in the Indies.

The Spanish Doctor *Ferdinandez*, doth thus Character it in his first Book, Sect. 1. Chap. 14. *Estre se base de la semilla de un arbol cōsida. Y es frio en tercero grado, con alguna adstriccion, Mitiga la sed: y, mas clado con el agua, templá lis calenturas ardientes, y cura la dysenteria de humores colericos. Da gusto, y sabor, y oler al Chocolate, y le base mas fresco: de mas de que ajuda a la digestion, y no solo se mescla para color al Chocolate, si no por que engorda, y annide sustento, con la parte pingue, y butirosa, que es la, que en el prævalese: y siendo assi, tiene partes calientes, como io son todas bas butirosas.* It is made of the grains of a Tree boiled. It is cold in the third Degree, with some abstraction. It allays the Thirst, and being mixed with Water, it tempers the burning-Fever, and cures the Bloody-flux, occasioned by Choler. It gives a taste, relish, and colour to *Chocolate*, and makes it more brisk; besides it helps digestion: nor is it mixed with the *Chocolate* for the colour's sake alone, but also because it fattens, and increaseth its nourishment with its fat and butyrous parts, which pre-

prevail in it: and, being so, it must needs have hot parts in it, as have all butyrous things.

With this agrees the Mexican Herbal, lib. 3. cap. 41. *Frigida est ordine tertio, & non nullam siccitatem adstrictionemque participat.* --- *Extinguit, epotum, aut admotum, febrentium incendia, opitulatur Dysenteriis, repellitque tumores preter naturam; quo fit, ut Epithematis, frigorificis Potionibus, seu Julapiis, & quibusvis infrigidantibus cibariis, & Medicamentis, misceri perquam commodè possit.* *Additur semen Chocoatl (id est, Chocolata) refrigerii gratiâ, commendandique saporis, atque coloris. Dentium doloris è calida causa ortes lenit, corroborat, evocat urinam, sitim extinguit, ac croci apud alias gentes gerit vicem.* --- *Adstringit nonnihil, ideoque, cum resina permixtum, medetur scabiei, atque ulceribus, ventriculum corroborat, fluxum alvi cobibet, lac auget permixtum crustis Cacaoatl (id est, Chocolata) quem reddit innoxium quâcunque mensurâ bibatur: ejus siquidem gratiâ, facile, ac citra satietatis incommodum solet concoqui.* (i.e.) 'It is cold in the third Degree, and participates of some adstriction, as well as dryness. --- Being given inwardly, or outwardly applied, it allays Feverish distempers, it helpeth the Bloody-flux, and repels præternatural Tumours; for this cause it may be mixed in cooling Epithemes, Julips, or any food, or Phylick, used to cool. It is mixed with Chocolata to cool, as well as to embitter the taste, and colour

colour. It helpeth the Tooth-ach arising  
 from hot causes, it strengthens the Gums,  
 it provokes Urine, it quencheth Thirst,  
 and with some Nations it is y used instead  
<sup>y See Pison.</sup>  
 Histor. Ind.  
 utr. I. 4. c. 14. of Saffron.— It is somewhat adstringent,  
 and therefore, being mix'd with Rosin, it  
 cureth the Itch, and Ulcers; it strengthens  
 the Stomach, stoppeth the Fluxes of the  
 belly; it increaseth Milk, being mix'd in  
 Chocolata; which last drink it renders ve-  
 ry innocent, in how great quantity soever it  
 be drunk: for, by reason of the mixture of  
 Achioite, it is drunk down easily, and with-  
 out any ensuing nauseousness of the Sto-  
 mach.

Lib. 5. c. 3.

Jo. de Laet in his Description of the  
 West-Indies reports thus of Achioite. E semi-  
 ne [sc. Achiotl] fit tinctura coccinea, quâ Pi-  
 ctores utuntur: eadem & in Medicina usur-  
 patur, quum frigida sit qualitate. Cum aqua  
 aliqua ejusdem qualitatis bausta, aut foris ap-  
 plicata, mitigat aestus febriles, sicutque Dysen-  
 teriam, denique utiliter adjungitur omnibus  
 Potionibus refrigerantibus, unde etiam vulgo  
 miscetur potionis Cacao ad refrigerandum, &  
 bonum saporem & colorem illi conciliandum.  
 i. e. Out of the seeds [of Achiotl] there is  
 made a Scarlet tincture, which is used by  
 Painters. The same is also used in Phy-  
 sick, being of a cold Quality. Being mix'd  
 with a proper Vehicle, and either given in-  
 wardly, or outwardly applied, it allay-  
 eth Feverish heats, and stops the Bloody-  
 Flux.

Flux. In fine, it is with much benefit put into cooling Drinks; wherefore it is commonly mix'd with the Cacao, to make it cooling, as well as to amend the taste, and colour.

I have shewed the Opinion of such, as favour its being cold even in the third Degree: and therein only it is matter of Opinion; for as to the Effects attributed thereto, I believe them to be of unquestionable authority, being grounded upon the practise of the Indies, and not established upon Conjectures. I now come to propose the Opinion of that diligent observer Roblez, who irreconcileably differs from the rest, as it follows. *El Achiote, o Viza, assi le llaman los Indios, le echan en las comidas por a cafran. Es caliente, y enemigo de nuestro calor natural, offende las partes espirituales, estraga el bigado, es ventoso sobre manera, por que su calor, y humedad pasa de segundo o tercero grado, llevanta vapores gruesos, bincha los Hypochondrios: dicen que es a propósito para las passiones de ornia. Todo el Chocolate, que viene de la Nueva-Espanna, y Guatimala, viene cargado desta terrible vezza, baptisado con nombre de Achiote; y devuen los Medicos a consciar, no se use deste con exceso, por que tengo por sin duda, que el Achiote es una lima serda, que produce en nos otros malas passiones: y assi desfeara tener autoridad para moderarlo, tengole por caliente en grado tercero, y humedo en segundo;*

[ 62 ]  
y por sus propriedades enemigo de nuestra na-  
turalesa. That is,

' Acbiate, or Viza, as it is call'd by the  
' Indians, is used by the Natives in their  
' meats instead of Saffron. It is hot, and  
' destructive to our natural heat, it offends  
' the spiritual parts, it weakens the Liver,  
' it is beyond measure flatulent, and windy;  
' because its heat and moisture equals the  
' second or third Degree: it raiseth gross Va-  
pours, it causes a tension in the Hypochon-  
dria: they say, it is good to ease Distem-  
pers occasioned by stoppage of Urine. All  
the Chocolata, which comes from New-Spain,  
and Guatemala, is fill'd with this horrible  
Ingredient, Christen'd with the name of A-  
cbiate, and Physicians ought to give advice,  
lest people use it in too great a quantity,  
and with excess: because I am undoubtedly  
assured that it inseverably consumes [ the  
Spanish is not to be expressed, I think, more  
fittingly ] and creates in us many other  
evil Distempers: and therefore it ought to  
be restrained by publick Authority. I  
suppose it to be hot in the third Degree,  
and moist in the second: for its Quality it  
is repugnant to our nature.

¶ Yet it hath  
so violent a  
piercing on  
the tongue,  
that the im-  
pression cea-  
seth not of a  
long time af-  
ter.

It may seem very strange how so learned  
and experienced and observing a man could  
run into an Opinion so contrary to the o-  
ther of Hernandez, both living in the In-  
dies, one in Mexico, and the former in Peru.  
If we regard our taste, it seems to plead  
for

for Hernandez: as being evidently cooling  
 ( though not to that Degree ) and some-  
 what adstringent ; though the coldness and  
 adstringency sensibly differ, according as it  
 is better or worse prepared : I mean ac-  
 cording to the taste, for I have yet ex-  
 perimented it no further. If we consider  
 its Effects, such as have been related, they  
 seem still to oppose Roblez, and assert its  
 cooling, and adstringency. As to that en-  
 mity, which he maketh it to have with hu-  
 mane Nature, the universal experience of  
 the Indies ( and of all, that use it ; suppo-  
 sing the Achiole rightly prepared ) parti-  
 cularly of Brasile, New-Spain, and Guatima-  
 la, in the latter of which Chocolata hath  
 been immemorially drunk, and in both which  
 places it is the general and famed Drink,  
 doth refute him. Nor is every thing ,  
 that is hot and moist in the third Degree,  
 to be exterminated Phyfick, as destructive  
 to our nature. What Apology then can we  
 make for so learned and observing a man ?  
 The principal excuse, that I can make for  
 him, is, first, that he relies upon <sup>a</sup> the Autho-  
 rity of the Indians, who it seems are as <sup>of him in this</sup>  
 peremptory, that Achiole is hot, as that  
*Chilli* or red Pepper is cold. Secondly he  
 observed, what is also granted by Ferdi-  
 nandez; That, however it had cooling and  
 adstringent effects, it had also an operation  
 of a quite different nature : for per las par-  
 tes aereas, y delgadas tambien desopila, y pro-

<sup>a</sup> One sayes  
 case, Falsa In-  
 dorum tradi-  
 tione errat, non  
 exatio verita-  
 tis examine.

voca mezze, y sudor: by its aereal parts it did open Obstruitions, provoke the courses in Women, and cause Sweat. And this operation of Achioite is likewise attested by two eye witnessess, Dr. Juanes de Cardenas, and Dr. Juanes de Barrios; and is confirmed to us by

b Mr. Gage's  
Surv. c. 15.

b Mr. Gage in these ensuing words. Achiotte bath a piercing attenuating Quality, as appeareth by the common practise of the Physicians in the Indies, experienced daily in the effects of it, who do give it to their Patients, to cut and attenuate gross Humours, which do cause shortness of breath, and stopping of Urine: and so it is used for any kind of Oppilations, and is given for the stoppings, which are in the breast, or in the region of the belly, or any other part of the body. Now, since

Mr. Gage in another place speaks thus of Achioite. 'In Nixapa, within the country of Guaxaca grow many Trees of Cao, and Achioite: whereof is made the Chocolarte, and is a commodity of much trading in those parts; though our English and the Hollander's make little of it when they take a prize of it at Sea, as not knowing the secret virtue, and quality of it for the good of the Stomach. Gage chap. 3. Which Passage, whether we understand it of compound Chocolarta, or of simple Achioite, it amounts to one thing, since it manisests the innocency of it in our Composure.'

these effects are usually performed by Medicines of such a nature, as Roblez attributes to Achioite, it is to be presumed, that he said it upon that ground: but that operatio sequitur esse, that from a parity of Effects one may argue a resemblance of Causes, is

an error in Physick. And in that he saith, it bath an opposition, and qualities destructive

to the nature of Man; I suppose, it being granted to have a *diuretique* and *diaphoretique* nature, and that it introduceth a fusion (and precipitation oftentimes) in the Blood, it may then be granted to bear an hostility against our bodies, if taken by way of food, what is really *Phyfick*; and what *Hippocrates* saith of Purges, that those in health bear them with difficulty: and that they do depredate, and dissolve, by way of colliquation, the flesh, this is true of *diuretique* Medicines, if frequently or continually used by persons in perfect health: which as it is the course prescribed to make people *lean*, so it is inconsistent with the intended use of *Chocolata*, which is to make *fat*: and this might as well merit his censure there, as the causeless taking of *Smallage*, and *diuretique* pottages with us in *Spring*. He prohibits it *con excesso* only, in too great a quantity.

This I thought to be fit to say by way of Apology for Roblez; I shall only add, that others do repute this *Achiote* to be of a very temperate quality: and as no sense evinceth it to be *hot*; so its *de-obstrucing* faculty, and its *diureticalness* ( it being highly commended not only to dissipate gross Humours, but even the Stone in the kidnies ) argue it not to be very *cold*. However, it is certain, that the *Achiote* ought to be *good*, and that it ought to be put in but in a due quantity: for as the Reasons specified render the *excess* of it suspicious;

so do those other, that it meliorates the colour, taste, and smel of the Chocolata; and makes it agreeable to the Stomach; these manifest the necessity of commixing some: and for this we have the Precedents of New-Spain, and Guatemala, and Mexico, and the general consent of such Writers, as have recommended it to the practice of other parts of the World; as you may see in Piso's Discourse of Chocolata.

Mecaxochitl, Mesacuchil, Mechasuchil, or Mecacuce ( as Paulus Zacchias calls it in Arom. c. 18. c Piso ) in Spanish it is called Manojitos de olor. d It is a peculiar sort of Pepper, growing only in Mexico, and as it resembles long Pepper, so it may be reckoned as a sort of it. It is hot in the fourth Degree, and dry in the third; if we may credit e Hernandez, and f Piso: but as other Ingredients have been strangely represented by Indian Physicians, as to their qualities, so it is with Mecasuchil, for Franciscus Fernandez; (lib. 2. Sect. 1. c. 13. ) gives us an Opinion of his very disrepancy from the former, viz. that it is only hot in the first Degree, and dry in the second: his words are these; Esta especie Aromatica es caliente en primero, seca en segundo, cordial, util à las ventosidades, y contra veneno, echa la criatura muerta, es provocativa de meses, y orina, que facilita los mas partos, y abre opilaciones, y es corroborante con moderada adstriccion; que repara el calor nativo, y alimenta el inflente con nu-

c Piso Mantis.  
Arom. c. 18.  
d Id. ubi suprā.  
e Hernandez  
Herb. Mexic.  
lib. 5. cap. 13.  
f Ubi supra.

e vos

eros espiritos, que cria, fortalece el bigado,  
y es excellente en la templansa y mixtion A-  
romatica.

'This sort of Spicery is hot in the first De-  
gree, and dry in the second; it is Cordial,  
good against Wind, and Poyson; it brings  
away the dead child, it provokes Urine,  
and the Terms; it gives quick delivery  
in time of an hard labour; it opens Ob-  
structions, and strengthens the body with a  
moderate adstringion; it repairs the decay of  
natural heat, and fills the nourishment pas-  
sing to each part with new spirits, it strength-  
ens the Liver, and is of an excellent tem-  
per, and Aromatique mixture.

It is put into Chocolata not only because  
it gives it a good taste, but because it opens  
Obstructions, cures Colds, and Distempers a-  
rising from cold caules; it attenuates gross  
Humours, it strengthens the Stomach,  
and it aniads the Breath, and reinfesteth  
Poysons, and in this Character *s Hernandez* Ubi supra  
and *Piso* differ little.

*Xochinacaztlis, Xochinacatlis, Oricelas or*  
*Orejuelas, (in Spanish) and (in Latine)*  
*flos auriculae,*<sup>b</sup> *is a tree with long and nar-*<sup>h</sup> *Hernandez*  
*nrow leaves, which bears somewhat large*<sup>& Piso ubi supr.</sup>  
*flowers, the leaves whereof are inwardly*<sup>prá.</sup>  
*purple-colour'd, and on the out-side of a*  
*grass-green, they somewhat resemble ears,*  
*whence they have their Spanish name: they*  
*are of a very pleasant smell. These flowers*  
*are of great esteem in the Indies; there is*

not any thing more valued, nor more common in their Shops. They contribute much to the grace of the *Chocolata*, and improve it as far beyond its self, as it transcends other Drinks: they give it a rich scent, and taste, and render it very wholesome.

<sup>i</sup> Hernandez

Herb. Mexic. in almost the fourth Degree, and *dry* lib. 2. cap. 4. in almost the third: and <sup>k</sup> Piso ascribes to <sup>k</sup> Ubi suprá.

<sup>l</sup> Hernandez, & Piso ubi su- Stomach, being troubled with cold, and wind; prá: with whom agree and nourishment, and to provoke the monthly the Dr. Juanes de Barrios, evacuations in women. But its temperament & Cardenas.

Mecasuchil. It is allowed <sup>1</sup> to strengthen the & Piso ubi su- stomach, being troubled with cold, and wind; prá: with whom agree and nourishment, and to provoke the monthly the Dr. Juanes de Barrios, evacuations in women. But its temperament & Cardenas. is more controverted: for the Doctors Juanes de Barrios, and Cardenas repute it *hot* in the first Degree, and *dry* in the second. I have already declared the Opinion of Hernandez: and Franciscus Ferdinandez (lib. 1.) saith, it is *hot* in the third Degree, and *dry* in the second. His words are, Ninguna es de major valor, para esta bebida per Aromatica cordial, y de excellente olor: caliente en tercero grado, seca en segundo, y que conforta el corason, cordial en la vitalidad, cria muchos y robustos espíritos, y mas de los vitales, de fuerte y robusta mixtion, indissolubiles: y es de excellente sabor. There is no Ingrē- dient in *Chocolata* of greater esteem, by reason of its Aromatical and Cordial vir- tue, and excellent smell: it is *hot* in the third, and *dry* in the second Degree, it strengthens

Strengthens the Heart, and Vital parts, it  
begets many and strong Spirits, and espe-  
cially the Vital Spirits of a strong mix-  
ture, not dissipable : and it hath an excel-  
lent taste.

Besides the fore-mentioned Ingredients, several others are put in partly by the Indians, as Maiz ; partly by others, as Anise-seeds, Fennel-seeds, Cinnamon, Saffron, Sugar, Cloves, Mace, Orange and Limon-pill ( in a small quantity ) Musk, Amber-grise, Orange-flower water, Almonds, Filberts, Pistaches, the Chymical oyls of Cinnamon, Cloves, Nutmeg; and some leave out Achiote, and colour it with Santals: in fine every Chocolate-maker puts in what he doth think good, and cordial, or pleasan<sup>t</sup>, and leaves out what he dislikes, insomuch that some reduce Chocolate almost to Ginger-bread ; and put in little of the true Cacao-nut. Nor is this variety practised only in England ; in Spain, and Portugal there is the like ; and an infinite discrepancy in the Ingredi-  
ents, and proportions <sup>m</sup> of them. I have not time, nor can it justly be expected, that I should give a particular account of the men-  
tioned Ingredients, whose Nature may be found in every Herbal almost : I shall only give these general Observations.

to the other Ingredients : in that, which I commonly use, the Cacao-nut is little more then half of the composition, which proportion is allowed by Piso: in the vulgar Chocolate, which is made to eat in Cakes, or Lozenges, there is hardly a third part of the Cacao-nut.

<sup>m</sup> In that, which I made, and which pleased His Majesty, the proportion of the Cacao-nut was double

## C H A P. IV.

*General Observations about Chocolata.*

1. That there ought to be a great care in the due choice of the *Cacao* nut. For there is a great variety in the nature and taste of the *Nut*: some are bitterer than others, some are more oily and nourishing than others. Thus those of *Carraca*, or *Nicaragua*, were chosen by me to prepare *Chocolata* for His Majesty, notwithstanding that I had seen some from *Jamaica*, that were very well tasted, and well cured: for there is not only a great difference in the growth and nature of the *Nuts*, but in the curing of them; for, if they be not gathered in due time, and well sweated after they are gathered, and that upon Mats, not Boards, (for the Mat dries up the sweat better, than the Board, in which whilst they soak, the *Plegm* is re-inbibed by the Nut, and the oily parts not sufficiently exalted, and digested) the Nuts are not so good, as that we should expect any great excellency from the *Chocolata*.

2. That there ought to be a great care in the Picking, Garbling, and preparing the Nuts. It is not sufficient to choose Nuts of a good age, and growth; old, but not decayed: (for these are most oily) nor to cast away such, as are apparently corrupt: but having dried them (in the doing of which beware you burn them not; and so imbibter the

the Composition ) you must *pull* them, and then *pick* them, casting away all the corrupt and musty ones ; for, if you be not carefull herein, the *Chocolata* will in a little time shew it self to be musty, and decay. I had once some new *Chocolata* shew'd me, to ask my judgment of : and it seemed to me then very pleasant, and good : within a fortnight after, I tasted it , and it was *good for nothing* ; so musty was it, after it had fermented a while by standing : yet was it carefully kept. It is usual amongst the *Chocolata-makers* to repute those Nuts good, and sound , which are blackish, and not musty, nor rotten; though upon breaking of the Nut, in the several divisions and parts there be in *intercurrent hoariness*, which will vanish at their drying : but I suppose all rational Persons will grant, that that is a tendency to corruption ; and any curious Observer will distinguish those Nuts from such, as have not the least *inchoated* decay, by the taste. After all this *garbling*, they must be well beaten to powder, and finely searced, or else the *Paste* will not be *good* : for, although, in the *grinding*, they will mix, and melt into a *Paste*, yet will not that *Paste* consist of so small *Particles*, as when searced ; and consequently not dissolve so well in the *Potion*, as otherwise it would.

And after it is thus prepar'd, in the grinding of it there is much of Art : I have already excepted against the making it in a

Mórtar, or on an Iron Table; the only way to moderate the heat, and to preserve it from discolouring ( by the iron ) or running too fast into oyl, whereby it is made unfit to keep; and also some parts unequally dissolve, the *Spices* mix not well, and it is precipitated in the making up before a sufficient incorporation, and never ferments right, nor attains its perfect gust.

I have already spoken concerning the way of grinding the *Spice*, rather then beating it ; and that with this caution, that the *Spice* be not only ground singly over, but after ground all together, that so the several parts of each individual *Spice*, and Ingredient, may operate upon the subtiliating of the other ; besides that hereby each is more exquisitely commix'd, then by any other way can be contrived.

 I am of the mind, that if there be any Setling at all in the *Chocolata* Drink, it is either because the Nut is faulty, being ill-cured, unripe, new, or corrupt, and so its parts dissolve not into oyl, but sever themselves, or because it is not well beaten, and searc'd ; or made up too hot, and so hastily dispatched, because some parts dissolve too much, and others not at all : or the *Spice* is not well beaten, and incorporated ; or by reason of some other Mixture: for otherwise there will not be any Setling at all, nor any such terrestrial parts, as some besides the Spaniards do imagine. This is to be understood of the *Chocolata* being hot : for, if it cool, the pores of the

the water, being fill'd with a sufficient proportion of Particles, do precipitate the superfluous Corpuscles to the bottom; as do other liquors in the like case. To prevent this discovery, the *Chocolata-sellers* mix an egg or two or more with it, that so the indissolved, or indissoluble parts may be supported by the grossness of the Liquor. The like is to be seen, when it is prepared with Milk; which is a thicker body, and will bear more and greater parts innatant, than water: yet it is to be noted, that let the best *Chocolata* be prepared milled, and unmilled, and there will be a great discrepancy in the *innatant*, *supernatant*, and *subsiding* bodies; but in good *Chocolata* either there is no *setling*, or *remanence* in the bottom of the Cup you drink, if it be indifferent warm: or, if there be, it is not *black*, but *reddish* and *oily*, and easie to be digested; the contrary whereof is observable in the ordinary, and *Spaniſh*, as well as *Dutch Chocolata*.

Since that the effect of *Chocolata*, as to its nourishing nature depends upon the *Cacao nut*, that *Chocolata* is best, which hath most of it; all things else corresponding: and that worst, as to the aforesaid end, which hath least of it; though that be endeavour'd to be supplyed by *Almonds*, *Filberts*, *Pistaches*; these last being more stopping, less nourishing, and not dissolving in the position proportionably to the other.

Since that the *Paste* must be well work'd, and

and that the excellency of *Chocolata* lies in that the parts of the *Cacao nut*, being not too much dissolved into an oyl; for then it will not keep; nor endure the heat of your hand, or pocket (especially in *Cakes*) but melt; and yet must be kept in a box, or place temperately hot, and free from moisture, or it will mould and decay: or, in that the said parts of the *Cacao nut* be sufficiently dissolved; for otherwise it will keep neither (in *England*, without care) nor ferment well, and attain its delicate taste; but yield a setting: Upon this score it seems to follow, that neither the putting in of *Orange-flower water*, nor *Chymical oyls*, into it at its making up, is good: for it hindres it in the working, to be sufficiently dissolved; or causeth it to dissolve too much: nor could I ever yet see any with those oyls in it, which would keep or carry well (especially in *Cakes*:) but this is not the only reason against them.

For, if to *Stomachs*, that are in perfect health, and of a good temper, it be prejudicial to give things too hot, and qualified rather to dissipate then continue the vigour of the *Spirits*; and such are *Chymical oyls*, and *hot Spices* in a great proportion: hence we see cold distempers, as the green-sickness, rheums, and the like, to follow upon eating much thereof; as <sup>n</sup> *Piso* observes, that *Arom.c.9.* eating of Nutmeg, (however much cryed up in distempers of the Memory, and Brain) did

did introduce, to his knowledge, forgetfulness, dulness, and sleepiness. The like is observed concerning Nutmeg and Mace in *Java* by o *Bontius*: and *Rondeletius* somewhere o *J. Bontius*  
*de Med. Ind.*  
*lib. 1. cap. 5.*  
*De Aromat.*  
tells us, that in *France* the Maids drink *Ginger* to make them look pale: of which I once saw the Experiment in a fair Patient; which recovered upon the discontinuing of what she drunk by advise as *Physick* for a cold *Stomach*. But however that I do not approve of the putting in of those *East-Indy Spices*, P yet I do not any way disallow those more delicate and mild ones of *America*; the defect of which I suppose is not to be supplied by any *Cloves*, or *Nutmegs*, or *Black Pepper*. And although I do commend our *American Spice*, yet would I not have excess of them, but a mediocrity; especially of the *Chiles*, or *long red Pepper*, which though it be very good for weak *Stomachs* ( which reign generally in the *Indies*, and hot Countries ) yet hath it its faults, which I have already recited: yet of this, that, which is brought as the richest from *Spain*, ( and imitated by several here ) is too full; so as that I have felt the impression of it on the

*glandules*

p As to the *Chymical oyls*, you have a further exception against them hereafter: be pleased here only to add, that such oyls being dissolved in the *Stomach*, as they are more dissipable ( so as to relinquish the *Cacao-nut* in the *Stomach*, whilst they diffuse themselves by the *Nerves*, or *Veins*, into the body ) and more dissipating being vigorated by the fire, and disengaged from the gross parts, which detained them before in solid *Spices*; so the use of them frequently or constantly produceth the same infirmities, that do the *Spices* themselves.

*glandules of my throat for a long time after I drank of that Chocolata.*

Since that it is necessary, that *Chocolata* be kept at least a moneth, before that it can arrive to its proper Taste ; which is a known thing, and I have tryed it : even that, which so pleased him above any, that *Spain*, or *Flanders* produced, had not the advantage of time ; for a moneth after it had a much more excellent taste then before. It being so, we are to have regard to the particular age of the *Chocolata* to be used : for, if it be new, it is not come to its Maturity, nor attained that perfection, which is to be gain'd by long Digestion, and Fermentation ; it being observed, that several Compounds (which is demonstrable in *Treacle*, and *Mithridate*) derive a particular virtue from a long Fermentation, distinct from what the several Ingredients new put together have : nor is this benefit of Fermentation to be denied to *Chocolata* ( though it can never be bad, if the Ingredients be good, and well ordered, and proportioned ) since we experience it in the good *Chocolata*, that it becomes better ; and in the bad, that (however it may taste well at first; if the nuts be corrupt, and musty ) it will suddainly grow worse, notwithstanding the goodness of the Spicery.

Since Age and Fermentation is so requisite to the improving *Chocolata* ( which is avowed by the most accurate Spanish Physicians : I leave it to the consideration of

Men,

Men, if the making it up into *Cakes*, or *Lozenges* can be so good; since neither in so small a proportion, nor so small a bulk do Compounds ferment well, nor Spicy preparations keep their vigour.

Besides, if *Age* and *time* be requisite to the imbettering *Chocolata*, how can any *Chymical Oyls*, or *Spirits*, be properly put in, since they admit not so long keeping, but evaporate, and so destroy the Composition intended to be enriched by them: they carry away with them the choice parts of the *Cacao Nut*, and deal by *Chocolata*, as hot *Drinks* and *Spicery* by our bodies, which create *Apoplexies*, *Palsies*, and other cold *Distempers*.

## CHAP. V.

### *Concerning the effects of Chocolata.*

TO speak concerning the particular effects of *Chocolata* may to some seem a superfluous attempt; and to others impossible. The former may ground their Opinion upon what I have said of the *Cacao Nut*; whose *virtues* and *nature* being known, we cannot ignore the *nature* and *effects* of the plain simple *Chocolata*, such as alone hath the commendation of the *Indian Experience* for so many years: it being made up of nothing but *Cacao-Nuts*, and *Pocholt-grain*,

grain, ( which I suppose to be all one with the *Paniso* ) incorporated ; and in time of use it was dissolved in *Atolle*, ( which what it is I have already told ) and that this was refrigerating, and very alimentous, is undubitable. The *Achiote*, *Orichelias*, and *Vaynillas*, were not ordinary Ingredients, but occasionally put in, as People's Stomachs could not bear the common Composition, it being too cold, or too Unctuous ( and so relaxing of the Stomach ) to Persons of a more than ordinary debility of Stomach : and according as they were more or less weak, so they put in more mild Spices, as the *Vaynillas*, &c. or the more violent, as *Agies*, or *Guiny-pepper*. So that I, having enlarged about the *Cacao Nut*, may justly seem to decline a repetition of what I have said. And as to more elaborate Compositions, abstracting from the already declared nature of the *Cacao Nut*, and other Ingredients already related, or hinted, it seems impossible to declare any great thing concerning those, since their Compositions are unknown, and not established by Experience, but the conjectures of *Physicians*, or ignorant *Chocolata-makers*, who amass whatsoever is good, or pleasant alone, to be an Ingredient of this Composition. Which course is very vain and foolish, since even *Cordials*, and hot things ( however effectual in swoonings, or distempers of cold and winde ) are prejudicial to the healthy, and suit not with

with all Tempers ; no, nor with any as constant Diet, but as *Medicinal*, which is not the real use of *Chocolata*. The *Indians*, as they used it for food, and daily aliment, prepared it as aforesaid : upon occasion of Fevers, and other hot Distempers, they made some little alteration of it, suitable to the disease, and so in Fluxes, and Dysenteries, and imbecillity of Stomach. They put no Sugar in it, nor otherwise enriched it in that they ordinarily fed on ; and to this day they have not encreased their way beyond

<sup>q</sup> *Cacao, Achiote, Maiz, and a few Chiles,* and a little *Anise-seed*. Nor did the *Spaniards* vary much from it, long after they had subdued the *Indies*. About fifty years ago it began to be used in *Spain*, being sent over for a delicacy, after that they had enriched it, and given it a pleasant *gusto* at *Mexico*. And what is now used, if we look back to *An. Colm. de Ledesma's* way, is of a newer date : and if it scarce have the credit of being experienced ; much less have the several variations created since : which have no other Original, than that a *Spanish Physician*, finding his Patient used, or inclined to *Chocolata*, prescribed it to him, or her, with a mixture of these Spices, or other pleasing and rich Ingredients ( and sometimes not so ) to be taken to open Ob-

<sup>q</sup> *Mr. Gage  
Chap. 16.*

<sup>r</sup> *Thus Ant.  
Colmenero*  
says, you may add the seeds of *Melons* and *Pompions* of *Valencia* dried, and powdered, or *Ceterach*, *Amber-grise*, and *Musk*; others add *Trechisces* of *Rhubarb*, *Madder-roots* powdered, and prepared steel, and so give it, as an alterative.

*structions,*

structions, and to strengthen Nature after a general course of Physick premised : and this kind of *Chocolata*, being successful in the recovery of one Grandee, or eminent Lady, must be propagated to be the entertainment of others, whose indispositions require it not, or whose healthy condition cannot bear it. For it is not to be thought, that *Gufian de Alfarache's Hospital of Fools* is confined to England ; no, in other Countries there are those, that can be as impertinent in their *Chocolatas*, or other *Cordials*, as our Ladies, and Gentlewomen are, who obtrude upon their Visitants their Diet-drinks, Herb-pottage, Cordials, and Confections, with the solemn recommendation of, It was used by such and such :---It contains nothing, but what is opening.---It is good for the Spleen, or Liver.---It dissipates wind, ---and a thousand such like prefatory Discourses to endear to them their mischief. This is that, which hath occasioned that variety of *Chocolata* in *Spain*, so that scarce two houses in *Sevil* make it alike. And amongst us the case is worse, since that the mixture of Chymical Oyls ( unknown in *Spain* ) and several Magisteries, give scope to *Chocolata* makers, and Ladies to practise with, as well as Physicians.

I thought it my duty to give publick notice hereof, to the end, that Physicians might be acquainted with the reason of the great discrepancy in *Chocolata*, and that others might

might be cautioned against the following the particular preparations of several persons, who have sophisticated and spoiled one of the most excellent and healthful drinks in the world. It is true, that Physicians say how in Alteratives there is little mistake in the dose, or quantity: but this respects their being given once, or but for a short time: and so these alterative *Chocolatas*, being taken but once, or seldom: (if the Ingredients be not violent, nor the body Cacochymical, nor the season sickly) may little endammage the sound; and as little amend the sick. But, if they be often taken, or constantly by way of repaste, it is not to be doubted, but how little error soever be, or can be committed in the dose, a great one will be committed in the continuance, if either the body be healthful, or possessed with a distemper not requiring (or repugning to) the additional Ingredients in the *Chocolata*. And several have experienced the consequences of this variety of mixtures, and uncertainty of compounding *Chocolata*: for, having taken *Chocolata* of *Antwerp* for Hypochondriacal distempers, by using that of *Spain* they have instantly been molested with the *Hæmorrhoids*. Some, having been troubled with a virulent *Gonorrhœa*, and debilitated therewith, have took the plain *Cacao*-paste with Nutmeg, Mace, Cinnamom, and Sugar, to advantage: but being indifferently well, or recovered quite in a manner, by drinking of *Chocolata*

made up with ordinary Pepper, they have relapsed, or incurred a sharpness of Urine, to their great astonishment; they not understanding the difference of *Chocolatas*. Others, having been troubled with the apprehensions of a Consumption, and Cough; and having found benefit by the simple *Chocolata* used by some ordinary sellers of it, meeting with a parcel of what hath been esteemed choice, and rich, by using it they have been damnified in their health; their Rheums have been encreased by a colliquation of the humours, the palat of their mouths being brought down by the keenness of the *Chiles* acting on the *glandules* about the throat; and, their blood being heated, their sleep hath forsaken them. In fine, the issue hath been altogether contrary to their expectation, and perhaps the Physician, who recommended it, hath, as well as his Patient, entertained an ill opinion of the Drink, whereas they ought to blame the *Chocolata*-makers, who inform them not of the variety of Ingredients, wherewith it is made.

I come now to represent the virtues of the compound *Chocolata*, the praises whereof I would not have understood of the several rich Compositions not authenticated by experience, nor known to the world, nor those Authors I shall alledge: all they say is to be restrained to the plain *Chocolata* of the Indies made up of the Nut, Maiz, *Achiote*, a few *Anise-seeds*, and *Chiles*; pro-

portioned, and suited to the temper of the Patient, and given in pure water, or *Atolle*, ( and the last more or less plain, as occasion served ) or of what was not discrepant from it by the mixture of any vehement Spices of the East-Indies, but the more milde ones of America, as the *Vaynillas*, *Jamaica-pepper*, Sugar, and the like ; which being within no unsuitable latitude, I shall report their Characters promiscuously.

*Franciscus Fernandez*, principal Physician in the Kingdom of Mexico under *Philip II.* and appointed by him to enquire diligently, and to write of the Natural and Medicinal Rarities of that Province, saith of *Chocolata* thus: *Es una de las mas saludables, y præciosas bebidas, de quantas hasta oy estan descubiertas: por que en toda esta bebida no se echa cosa, que sea mala, ni baga danna à la salud, si no todas cordiales, y de mucho provecho, para vi eiros ninos, mugeres prænnadas, y gente ociosa: y conviene no beber tras della, ni comer otia cosa, ni hacer exercicio despues de tomarla, si no estar se un rato quieto. Y deve tomarse bien caliente.*

' It is one of the most wholesome and precious Drinks, that have been discovered to this day : because in the whole Drink there is not one Ingredient put in, which is either hurtful in it self, or by commixtion; but all are cordial, and very beneficial to our bodies, whether we be old, or young, great with child, or others accustomed to a

‘ sedentary life. And we ought not to drink,  
 ‘ or eat after the taking *Chocolata*; no nor to  
 ‘ use any exercise after it : but to rest for a  
 ‘ while after it without stirring. It must be  
 ‘ taken very hot. ~~This~~ This is the Char-  
 acter of *Chocolata* with *Achiote* in it: for Fer-  
 dinandez did much approve thereof.

*Dr. Juanes de Barrios* speaks thus of it:  
*Digo pues, que es menester considerar, que al principio, que esta bebida se començo à usar, se bacia de menos simples, y cosas, que el dia de oí se base, por que los Indios antigos de Guatimala no echevan en ello que oí echa: y no es de maravillar, por que en las comidas, y bebidas, y cosas compuestas, el uso, y el tiempo las perficiona, hasta darche el punto de la salud, y de gusto, que oí tiene, y esto passa en los usos, hasta darle su punto.*

‘ I say, it is to be considered, that in the  
 ‘ beginning, when this Drink of *Chocolata*  
 ‘ came first to be used, it was made of fewer  
 ‘ Ingredients, and things , then it is now  
 ‘ made with; because the antient Indians of  
 ‘ *Guatimala* did not put into it them, as now:  
 ‘ nor is that to be marvelled at, because in  
 ‘ meats, and drinks, and all manner of com-  
 ‘ positions it is Natural for them not to be  
 ‘ begun, and perfected at once: but this  
 ‘ must be done by time, and practise ; till  
 ‘ they arrive at that height of healthfulness,  
 ‘ and taste, which they get at length. And,  
 having said this, he adds, *Es comoda pues ella sola suple el almuerzo, y algunas otras comidas, por*

por que con ella no es menester, pan, ni carne, ni  
bebida : y en une momento se base y sacona, lo  
que no ai en las otras. ‘ It is good alone to  
make up a breakfast, and supply other victu-  
als; because, having it, you need no further  
meat, bread, or drink : and in a moment it  
is prepared, which is not to be found in  
others.

Dr. Juanes de Cardenas concludes thus of  
it: *I digo*, que usado con esta advertencia, sera  
de mucho provecho para la salud, y es bastante  
a alargar los dias de la vida; por que fuera  
de que da buen sustento al cuerpo, ayuda a gestar  
el mal humor, vacuandole por sudor hieses, y  
urina : y digo otra ves, que entierra ninguna  
es mas necessario, que en las Indias, por que  
como es humida, y dexativa, andan los cuerpos,  
y estomagos llenos de flemas, y de superflua hu-  
midad, la qual con el calor del Chocolate, se  
cuesse, y convierte en sangre, lo que no hace el ui-  
no : por que realmente antes se azeda, con la  
flema, y suele abitar mas.

‘ And I say, whosoever takes it with the  
cautions, and directions aforesaid, takes it  
with much benefit, and it conduceth much  
to the lengthening of his life; and the rea-  
son is, because it yields good nourishment  
to the body, it helps to digest ill humours,  
voiding the excrements by sweat, and urine:  
and I say, it is no where more necessary  
then in the Indies, which are moist, and apt  
to create lassitudes, their bodies there be-  
ing, together with their Stomachs, full

of Phlegm, and superfluous moisture, which  
are concocted by the heat of *Chocolata* into  
good Blood; which is an effect beyond what  
Wine produces: for the Wine doth dege-  
nerate into sourness, and corrupts toge-  
ther with the Phlegm, and multiplies in-  
digestion.

*John de Laet*, Secretary of the *West-Indy*-  
company in *Holland*, a Man accurate both in  
the Geography, and natural History of the  
*Indies*, represents it thus: *Chocolate variis*  
*modis componitur pro cujusque appetitu: de*  
*qua hoc tantum dicemus, quod præclarè nutrit;*  
*verum si nimis crebro & immoderatè sumatur,*  
*debilitat, & alia præterea adfert detrimen-*  
*ta. — sc. immodicus usus potionis è Cacao con-*  
*fecit plurimarum infirmitatum & morborum*  
*causa est: quia generat Obstrunctiones, cor-*  
*rumpit colorem, & inducit Cacochymiam, &*  
*similes pravos effectus. Chocolate is made*  
*several ways according to each Man's tan-*  
*sie: concerning which we shall only say,*  
*that it nourisheth very well; but, if it be*  
*used too much, and too often, it begets*  
*weaknesses, and other indispositions: sc. the*  
*immoderate use of it multiplies Obstruc-*  
*tions, spoils the Complexion, and introdu-*  
*ces a Cacochymy.*

*Jacques Amproux* in his *Natural and Moral*  
*History of the ~~Ab~~illes of America*, (ch. 16.)  
gives us this Intelligence. *Le Cacao croist en*  
*la province de Guatimala, pres la Neuue-Es-*  
*paga; qui est aussi un fruit tres-renommé en*  
*toute*

toute l'Amerique, pour estre le principal Ingredient, qui entre en la composition de la Chicolate, ou Chocolate, d'ont on fait un bruvage souverain pour fortifier la poitrine, dissiper toutes les humeurs malignes, qui s'y attachent, chasser la gravelle, y tenir le corps frais, y dispos, pour veu qu'on se prenc moderement.

The Cacao grows in the Province of Guatimala, in New-Spain : it is the most renowned Fruit in all America ; because it is the principal Ingredient in Chicolate, or Chocolate, which makes a sovereign Beverage to strengthen the Stomach, to dispel all evil Humours, that trouble it, to evacuate the gravel, and to preserve the body fresh, and in full vigour, if it be taken moderately.

Gul Piso quotes this Passage as from the experience of Ant. de Ledesma, whom he recommends as a credible Author. *Motus enim iis, inquit Ant. de Ledesma, que in Indiis fieri solent, cum illuc pervenissent, et rotantibusque domos, aeris calore ferventes percurrerem, aliquando haustum aquae petere solitus, vitales restinguendi faces gratias, Indorum suasu Chocolatam sui compescendae convenientiorem bibi : sepiusque id factum, leniebatur exinde ardens bibendi desiderium : etiam si jejunus assumpsisset, Stomachi tamen vires referetas sentiebam. Ex cuius potionis continuato usu alii mecum impinguemfacti sunt : cum tamen pleraque Ingredientia, excepto Cacacio,*

¶ Maizio, quod calida & sicca sint ordine tertio, ad extenuationem corporis facere videantur: sed constat ratio; butyrose enim Cacacii partes pingue reddunt corpus; calidae vero, que confectionem ingrediuntur, pro vehiculo inserunt, quo pinguis ista substantia ad jecur deferatur, & inde in easteras dimanet partes, tandemque ad carneas demum derivetur.

Having a curiosity to see to acquaint my self with the Rarities of the Indies, at my being there, I went to visit my Patients, and being thirsty I used to call for some water to allay my drought, and defect of vital Spirits; at length by the perswasion of the Indians I drank Chocolata, as being more convenient to allay my thirst. And indeed upon the drinking of it I found my vehement desire of drinck to leave me; and, if I took Chocolata in a morning, I found it did much corroborate and refresh my Stomach. By the continual use of which drink I, and several with me, became fat; notwithstanding that most of the Ingredients, except Cacao-nuts, and Maiz, be hot and dry in the third Degree, and seem more ready to extenuate. But the reason is, for that the unctuous and butyrous parts of the Cacao-nut do fatten, whilst the other Ingredients serve only as vehicles, to distribute those others to the Liver, and thence to the whole body. This is the account he gives from Anton. de Ledesma: his own Observation in Holland is as follows; Quia maxima

maxima pars Ingredientium, excepto Cacatio,  
in Europam non deferuntur, substitui possunt;  
& solent vel vulgaria illa Indiæ Orientalis A-  
romata, vel alia aliqua semina, aut flores cui-  
que regioni & individuo convenientia. Quod  
& fieri sepe in Belgio vidi, & ipse cum vo-  
luptate viriūmque refectione hic confectionem gu-  
stavi. Porrò non memini aliquem nostratum  
( modo non ferverent illi Hypochondria ) ex  
quotidiano usu ejus potūs malè habuisse. Mu-  
ltis contrā morbos medelam attulisse scio, prae-  
sertim Hecticis, Catarrhs, Asthmati-  
cis, qui-  
būisque præcordia languerent. Because that  
few of the Ingredients of Chocolata, except  
the Cacas-nut, are brought into Europe,  
instead of them there are, and may be sub-  
stituted either those common Spices of the  
East-Indies, or other Seeds, and Flowers,  
suitable to the particular condition of each  
Climate, or individual Person. Which  
I have often seen done in Holland, and I  
my self have drunk of it with great plea-  
sure, and refreshment of my Spirits. Nor  
do I remember, that any of our Country-  
men [ Hollanders ] was ill, or anything the  
worse for drinking of Chocolata daily ; ex-  
cept he were troubled with Hypochondri-  
acal heats. But, on the other side, I am sure  
on my own knowledge, that it hath done  
much good to many, who were very sickly,  
and in particular to several troubled with  
Hectick Fevers, Catarrhs, Asthmas, and  
imbecillity of the Stomach, and Vitals.

Be-

Besides the virtues attributed to *Chocolata*, I desire it may be observed what he tells is done in the compounding of it; how, instead of the true *American* Ingredients, other succedaneous ones are employed, viz. the Spicery of the *East-Indies*; betwixt which and those of the *West-Indies* there is no resemblance, the one being milde, the other violent: and against the use of which ( even to the total exterminating them ) this Author hath

*Gul. Piso Hist. utr. Ind.* writ a Discourse, however that he allow in *Mant. Arom.* them to be substituted for the other in *Chocolata*.

Nor is the commutation of Spice for Spice onely; even other Flowers and Seeds are substituted, and this he knows to be done in *Holland*: which being so, how can any re-

In *Spain*, to make it purg-what Ingredients are in it, or knowing that ing, or lenitive, they put comes from *Holland*, where other Ingredients in *Alexandrian* Roses, as then ought to be, are put in for certain; though it be as uncertain what they are, or *Leedesma*, and whereunto effectual? It is further to be observed others ac- out of his words, that such Ingredi- knowledg: ents are to be put in, as suit with each particular and what if Climate, and individual Constitution. Where- one should fore the same *Chocolata* is not to be promiscuously meet with a parcel of such used by men in health, of all tempers, *Chocolata*, nor by men sick of different diseases. Which who is already was observed before by me in this Discourse, too soluble, or to and I take notice of it here again occasionally, whom it may be pernicious to shew, that I am not singular in my opinion. to be so? They who sell *Chocolata* understand not any distinction.

Mr.

Mr. Gage chap. 16, tells us of it : That  
 " where it is so much used, the most, if not  
 " all of them, as well in the Indies, as in  
 " Spain, Italy, Flanders, ( which is a cold  
 " Country) finde, that it agreeth well with  
 " them. True it is, that it is used more in  
 " the Indies, then in the European parts, be-  
 " cause there their Stomachs are more apt  
 " to faint then here, and a cup of Chocolatte  
 " well confectioned comforts and strength-  
 " ens the Stomach. For my self, I must say,  
 " I used it twelve years constantly, drinking  
 " one cup in the Morning, another yet be-  
 " fore Diner, between nine and ten of  
 " the Clock; another within an hour or  
 " two after Diner, and another between  
 " four and five in the afternoon, and when  
 " I was purposed to sit up late to Study,  
 " I would take another cup about seven or  
 " eight at night, which would keep me  
 " waking till midnight. And, if by chance  
 " I did negle& any of these accustomed hours,  
 " I presently found my Stomach fainty.  
 " And with this custome I lived twelve  
 " years in those parts healthy, without any  
 " Obstructions, or Oppilations, not know-  
 " ing what either Ague or Fever was. Yet  
 " I will not dare to regulate by mine own  
 " the Bodies of others, nor take upon me  
 " the skill of a Physician, to appoint, and  
 " define, at what time, and by what Per-  
 " sons it may be used. Only I say, I have  
 " known some, that have been the worse  
 " for

" for it, either for drinking it with too  
 " much Sugar, which hath relaxed their  
 " Stomachs, or for drinking it too often: for  
 " certainly, if it be drunk beyond measure,  
 " not only this *Chocolatte*, but all other  
 " Drinks, how innocent soever, may be  
 " hurtfull. And if some have found it op-  
 " pilative, it hath come by the too too  
 " much use of it. As when one drinks o-  
 " vermuch Wine, instead of comforting  
 " and warming himself, he breeds and  
 " nourishes cold Diseases; because Nature  
 " cannot overcome it, nor turn so great a  
 " quantity into good nourishment. So he,  
 " that drinks much *Chocolatte*, which hath  
 " fat parts, cannot make distribution of so  
 " great a quantity to all the parts: and  
 " that part, which remains in the slender  
 " Veins of the Liver, must needs cause Oppi-  
 " lations, and Obstructions. But lastly, to  
 " conclude with this *Indian* drink, I will  
 " add what I have heard Physicians of the *In-*  
 " dies say of it, and have seen it by expe-  
 " rience in others(though never could I find  
 " it in my self) that those, that use this *Cho-*  
 " *colatte* much, grow fat, and corpulent  
 " by it: which indeed may seem hard to be-  
 " lieve; for considering, that all the Ingre-  
 " dients, except the *Cacao*, do rather exte-  
 " nuate, then make fat, because they are  
 " hot in the third Degree. And we have  
 " already said, that the Qualities, which do  
 " predominate in the *Cacao*, are cold, and  
 " dry,

“dry, which are very unfit to add any  
“substance to the body. Nevertheless it  
“may be answered, that the many un-  
“ctuous parts, which have been proved to  
“be in the Cacao, are those, which pingue-  
“fie, and make fat: and the hotter Ingre-  
“dients of this Composition serve for a  
“guide, or Vehicle, to pass to the Liver,  
“and the other parts, untill they come to  
“the fleshy parts: and there finding a like  
“substance, which is hot, and moist, as is the  
“unctuous part, converting it self into  
“the same substance, it doth augment, and  
“pinguefie. Hereupon he recommends it  
to the English, to be drunk by them: I  
shall not instance many Testimonies out of  
him, to evince its general use among the  
Indians; besides what he sayes in the Chapter  
already cited, in his Relations of Guate-  
mala, and Chiapa, he mentioneth their use  
of it, more then once: and speaking of  
Chiapa (chap. 15.) he hath this following  
Story, which because it evidenceth the O-  
pinion the Spanish Dames have of Chocolatte,  
I shall insert at large.

‘ The Women of Chiapa pretend much  
‘ weakness and squeamishness of Stomach,  
‘ which they say is so great, that they are  
‘ not able to continue in the Church,  
‘ whilst a Mass is briefly hudled over, much  
‘ less whilst a Solemn high-Mass is sung,  
‘ and a Sermon preached, unless they drink  
‘ a cup of hot Chocolatte, and eat a bit of  
Sweat-

• Sweat-meats to strengthen their Stomachs,  
• For this purpose it was much used by them  
• to make their Maids bring them to Church  
• in the middle of Mass, or Sermon, a cup of  
• Chocolatte, which could not be done to  
• all, or most of them, without a great con-  
• fusion, and interrupting both of Mass, and  
• Sermon. The Bishop, perceiving this a-  
• buse, and having given fair warning for  
• the omitting of it, but all without an a-  
• nnouncement, thought fit to fix in writing  
• 85 • an Excommunication upon the Church-  
• doors against all such, as should presume at  
• the time of Service to eat or drink with-  
• in the Church. This Excommunication  
• was taken ill by all, but especially the  
• Gentle-women much to heart, who pro-  
• tested, if they might not eat or drink in the  
• Church, they could not continue in it to  
• hear what otherwise they were bound  
• unto. The chief of them knowing what  
• great friendship there was between the  
• Bishop, and the Prior, and my self, came  
• to the Prior, and me, desiring us to use all  
• means we could with the Bishop for re-  
• voking that his Excommunication so hea-  
• vily laid upon them, and threatening their  
• Souls with damning judgment for the vi-  
• olation of it. The good Prior and my self  
• laboured all we could, alledging the custome  
• of the Country, the weakness of the Sex,  
• whom it most concern'd, and also the  
• weakness of their Stomachs, the contempr,

‘that

‘ that might ensue from them unto his per-  
 ‘ son , and many inconveniences, which  
 ‘ might follow, to the breeding of an uproar  
 ‘ in the Church, and in the City, whereof  
 ‘ we had some probable conjecture from  
 ‘ what already we had heard from some. But  
 ‘ none of these would move the Bishop ; to  
 ‘ which he answered, that he preferred the  
 ‘ honour of God, and of his house, before  
 ‘ his own life. The women, seeing him so  
 ‘ hard to be intreated , began to stomach  
 ‘ him the more , and to slight him with  
 ‘ scornful and reproachful words ; others  
 ‘ slighted his Excommunication, drinking  
 ‘ in iniquity in the Church, as the Fish doth  
 ‘ Water, which caused one day such an up-  
 ‘ roar in the Cathedral, that many Swords  
 ‘ were drawn against the Priests, and Pre-  
 ‘ bendaries, who attempted to take away from  
 ‘ the Maids the cups of Chocolatte, which  
 ‘ they brought to their Mistresses : who at  
 ‘ last seeing, that neither fair nor foul means  
 ‘ would prevail with the Bishop, resolved to  
 ‘ forsake the Cathedral, where the Bishop’s  
 ‘ own, and the Prebendaries eyes must needs be  
 ‘ watching over them ; and so from that  
 ‘ time most of the City betook themselves to  
 ‘ the Cloyster-Churches, where by the  
 ‘ Nuns and Friars they were not troubled,  
 ‘ nor resisted, though fairly counselled to  
 ‘ obey the command of the Bishop ; whose  
 ‘ name now they could not brook, and to  
 ‘ whose Prebendaries they denied now all such

relief and stipend for Masses, which formerly they had used to bestow upon them, conferring them all upon the Friars, who grew rich by the poor impoverish'd Cathedral. This lasted not long, but the Bishop began to stomach the Friars, and set up another Excommunication, binding all the City to resort unto their own Cathedral Church, which the Women would not obey, but kept their houses for a whole moneth : in which time the Bishop fell dangerously sick, and desired to retire himself to the Cloister of the *Dominicans*, for the great confidence he had in the Prior, that he would take care of him in his sickness, Physicians were sent for far and near, who all with a joint opinion agreed, that the Bishop was poysoned, and he himself doubted not of it at his death, praying unto God to forgive those, that had been the cause of it, and to accept of that Sacrifice of his life, which he was willing to offer for the zeal of God's house, and honour. He lay not above a week in the Cloister, and as soon as he was dead, all his body, face, and head did swell, that the least touch upon any part of him caused the skin to break, and cast out white matter, which had corrupted, and overflowed all his body. A Gentle-woman, with whom I was well acquainted in the City, who was noted to be somewhat too familiar with one of the Bishop's Pages, was commonly censured to have

have prescribed such a Cup of Chocolatte  
 to be ministred by the Page, which poysoned him, who so rigorously had forbidden  
*Chocolatte* to be drunk in the Church. My  
 self heard this Gentle-woman say of the  
 Deceased Bishop, that she thought few  
 grieved for his Death; and that the Wo-  
 men had no reason to grieve for him, and  
 that she judged he being such an Enemy  
 to *Chocolatte* in the Church, that, which  
 he had drunk at home in his house, had  
 not agreed with his Body. And it became  
 afterwards a Proverb in that Country,  
*Beware of the Chocolatte of Chiapa.* Which  
 made me so cautious, that I would not  
 drink afterwards in any house, where I had  
 not very great satisfaction of the whole  
 Family.

A certain Spanish Physician of Sevil, who  
 made it his peculiar inquiry to search into  
 the nature of *Chocolata*, as he doth on every  
 occasion shew himself extraordinarily  
 learned, and to have consulted all the  
 publick Discourses and private Manuscripts  
 about it, so he manifests a great regard to  
 the Testimony of Experience, which he av-  
 ows to be so favourable for *Chocolata*, that  
 there is not one, who doth drink it, and  
 doth not feel himself to be manifestly re-  
 freshed, and strengthened, as well as delight-  
 ed by it: and that, whereas none hath been  
 known to live above seven dayes by drink-  
 ing Wine alone, one may live moneths,

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and years, using nothing but *Chocolata*. In  
fine, he himself saw a Childe weaned, which  
could not be brought by any Artifice to take  
any food, and for four moneths space he  
was preserved alive by giving him *Choco-  
lata* only, mixing now and then some  
crumbs of bread therewith. So powerfull a  
virtue bath it to nourish, and strengthen. Nor  
doth he allow it for food alone, and the  
preservation of Life, but medicinally, as a  
thing, that is advantageous to health; for  
he gives this Character to a preparation of  
*Chocolata*, which is almost the same with  
what I made for His Majesty. *Antiquam  
compositionem Chocolatis Indiæ & Hispaniæ  
enarrare, hoc tempore nullius fructus erit;*  
*quoniam illud habuit, ut ad ultimam per-  
fectionem avenirerit.* ( i. e. ) ' It is not worth  
while to recount the ancient wayes of com-  
pounding *Chocolata*; because this proposed  
is arrived at its heighth, and last degree of  
perfection. *Hæc est omnium potionum preti-  
osior potio: bæc in commodis salutis omnes  
superat, illarum nempe, que in hodiernam  
diem aut voluptas invexit, aut decur-  
rentium seculorum series alternata con-  
spexit; quia nec in ea, dum in acium potionis  
reducitur, nec aliquo simplicium, ante ejus in-  
gressum, vita defuit necessarium, neque vo-  
luptati, quod non valeat illecebrâ appetitum  
allicere: sunt enim alia alimento gratissima,  
alia Aromaticâ virtute roborantia, alia cordi  
auxiliantia, dum Nectar vivificum instaurant,*  
seu

seu spiritus dissipant malignos, aut naturales robuste mixtionis producunt: sunt & omnia vita longius producendæ aptissima: quoniam Chocolate ultimâ qualitate, quæ ressaltat ex fermentatione, ut theriaca, calorem nativum roboret, & promptâ instauratione influentem ( ob facilem conversionem ) multum & laudabilem sanguinem gignit. Ob substantiæ tenuitatem, & fermentationis efficaciam, indissolubiles & robustos spiritus, immortali labore & studiorum collimationi aptissimos, facultates præcipuas, & temperamenti mixtione, & Aromaticâ virtute in vigore conservat: moderato calore dum concoquuntur, fatus turgentes dissipat, ac penetratione aperienti obstrunctiones aperit, menses provocat, & inter alia ventrem plerisque lenit; & super omnia cibaria vires præsentaneè & promptissime reficit, quod res aliæ essentiæ potabiles non ita promptè agunt: quo videtur singulari differentiæ ob aliis differre. This is the most precious Drink of Drinks; this excells all others in advantages for our health, which either Time by a long succession of years, or encrease of Luxury and Pleasure to this day hath acquainted us with: because neither in the Chocolata it self being made into a Drink, no nor in any Ingredient thereof, is there any thing wanting, that is necessary for the Life, or decaying, against which my Authour protests; but of what is made up, as I prepared that for His Majesty, which varied little from his way.

‘ light of Man, and so to invite him to use  
 ‘ it. Some things in it are most pleasant nou-  
 ‘ rishment; others strengthen by their Aro-  
 ‘ matical virtue; others are Cordial, and re-  
 ‘ vive the vital Balsamie, or Nectar, either  
 ‘ dissipating evil and burthensome Spirits, or  
 ‘ producing new ones of a durable nature.  
 ‘ In fine, all are

transcendently qualified to

‘ prolong life; because *Cho-*  
*‘ colata* by a “new quality  
 ‘ arising to the Compositi-  
 ‘ on through fermentati-  
 ‘ on (as happens in *Trea-*  
*‘ cle*) strengthens the na-  
 ‘ tural heat in each part,  
 ‘ and increaseth that,  
 ‘ which continually in-  
 ‘ flows, and influenceth it,  
 ‘ begetting by a speedy  
 ‘ and easie transmutation  
 ‘ much and good Blood :

‘ by the tenuity of its parts, and efficacious  
 ‘ fermentation, it begets strong and indissi-  
 ‘ pable Spirits, and so enables Men vigo-  
 ‘ rously to prosecute their Studies, and tedi-  
 ‘ ous exercises of the Brain, it strengthens  
 ‘ and preserves in full vigour the princi-  
 ‘ pal faculties in men by the exquisiteness  
 ‘ of its temperament, and Aromatical pow-  
 ‘ er : being digested, with its moderate heat  
 ‘ it dispells Winde ; and by its penetrancy,  
 ‘ and opening quality, it removes Obstruc-  
 ‘ ons, provoketh the monethly evacuations.

in

in Women, and, amongst other qualities, x This is to be  
 ' it generally preserves the body x soluble: understood  
 ' and it doth more speedily and readily refresh only of such  
 ' and invigorate the bodily strength, than any his was, be-  
 ' other sustenance whatever, no other potable li- ing rich of the  
 ' quours [which yet do most quickly nourish] Cacao , and  
 ' producing so speedy and sensible an effect: spiced, & that  
 ' whereby it seems to be peculiarly differenced with milde  
 ' from all other Viands.

Spices: yet  
 did he put in  
 a good quan-  
 tity of Cinna-  
 mom.

## C H A P. VI.

*How to make use of the Chocolata by prepa-  
 ring it into Drink.*

I Think I have sufficiently ( at least accord-  
 ing to my present leasure, and the unsup-  
 pliable want of my own Library, and Col-  
 lections ) manifested the effects of *Chocolata* ;  
 I shall now treat of the way of preparing it  
 into Drink, when any hath occasion to use  
 it. And because that the Composition it self  
 is of the *Indian* discovery, as I have hitherto  
 still directed my inquiries by searching into  
 their Usages and Opinions concerning the  
 several Ingredients, so I shall now begin  
 with a recital of the several ways they use to  
 prepare it into Drink: and for this I have  
 the most accurate account from a Mr. Gage, a Chap. 116.  
 ( who yet seems to transcribe *Ledesma* )  
 whom I shall therefore transcribe, with

such Animadversions, as may seem pertinent.

The manner of Drinking it is divers. The one ( being the way, which is used in Mexico ) is to take it hot with Atolle, dissolving a Tablet in hot Water, and then stirring it, and beating it in the Cup, where it is to be drunk, with a Molinet, and, when it is well stirred to a scum, or froth, then to fill the Cup with hot Atolle, and so drink it sup by sup.

This way of preparing it may seem ( since it is the way of Mexico) to have been the way, that Motezuma treated *Bernaldus del Castillo* with, when he caused to be brought forth *jarros grandes bechos de buen Cacao, con su espuma,* 'great jarrs made with good Cacao, 'with its froth. It is not to be questioned, but that the pure Cacao-paste, well dissolved in hot water, and long, and violently agitated with a Molinet, will raise a considerable ( but not lasting ) Froth, not inferior to what, with less agitation, is seen where Eggs entire, or Yolks alone, are put in ;

in : much more perhaps it may froth, if that Paste had *Pochol* or *Paniso* grains mixed with it ; or, if being well milled before, it were a second time milled upon the commixture of the *Atolle* : for the *Maiz* flower would make it froth much; and it is from the commixture of *Maiz*, or *Bean-flower*, ( or perhaps some other substitute ) that some *Chocolata* doth now froth more then others; though the difference in the milling likewise produce a variety. I have already explicated what *Atolle* is, in the beginning, and so shall not repeat it ; but onely add, that, from this way of the *Indians* using it, our Physicians may order it to be drunk with strained Water-gruel, Almond-milk, or *cremore ptisane*, or any other mixture they please, that is more, or less nourishing, as they please ; ordering the *Chocolata* according to the aforesaid Method : concerning which Dr. *Juanes de Barrios* gives this admonition, *Para hombres y mugeres Sanguineos no se tome con Atole, por que aumenta la sangre; sino con aqua, poco anis, Chile, y acacar, y mingunas especies Aromaticas, ni cosas de olor.* Y para los *Flegmaticos* se haga con todos los *Ingredientes*, que avemos dicho, o con mas especies de lo ordinario, y se tome muy caliente. Y en los *Melancholicos*, que se haga sin Chile, poco anis, y con coras de buen olor, y que se tome tibio.

‘ For men and women of a Sanguine Complexion, it is not to be taken with *Atolle*,

because it multiplyeth Blood in the body;  
 but with Water, a little Anise-seeds, Chiles,  
 and Sugar, but no Spicery is to be put in,  
 nor sweet-scented things, for such persons.  
 But, for the Phlegmatick, let it be made  
 with all the Ingredients used in the Indies,  
 or with a greater quantity of Spices, then  
 is ordinary, and let it be taken very hot.  
 And, for the Melancholy persons, see it be  
 made without Chiles, with a few Anise-  
 seeds, and with Ingredients of a sweet smell,  
 and taking it luke-warm.

Which Caution may not only direct us as  
 to Atolle, which is not to be made, or used  
 in England; but illustrates and confirms an  
 Animadversion of mine formerly laid down:  
 viz. that according to the several tempers and  
 distempers of persons there ought to be framed  
 variety of Chocolata; and that to be given  
 variously, as the discreet Physician shall  
 propose; and this is agreeable (you see) to  
 the procedure of the Indies.

Another way of drinking Choco-  
 latte is, that the Chocolate, being  
 dissolved with cold water, and stirred  
 with the Molinet, and the scum  
 taken off, and put into another vessel,  
 the remainder be set on the fire, with

as

as much Sugar, as will sweeten it, and when it is warm, then to poure it on the scum, which was taken off before; and so drink it.

I understand not the reason of this procedure ; unless it be for ornament sake : it looking more pleasantly being thus ordered, then if the water were hot, and milled to a froth with *Chocolata*, and so drunk. It is certain, yet strange, that the *Cacao-paste*, being milled well with cold water, will froth as much, and yield as plentiful a scum, or cream upon settling, as it will do if it were milled in hot water : and I have shewed how that cream is fat, and the water also is fatty ( though cold ) in which it is milled, but it comes not to that red colour, which the other hath, which is prepared hot. This scum being taken off, and the rest heated, and put to it ( pouring it on high ) makes it look more pleasantly on the top, then if it were a bare solution of the *Cacao-paste*, ( which will dissolve in it, so as not to precipitate any settling almost, whilst it is hot ) and the *Cacao-paste* which remains ( after the froth is taken off ) to be heated dissolves sufficiently in the water by meer heating, without milling.

Besides

Besides these ways, there is another way ( which is much used in the Island of Santo Domingo ) which is to put the Chocolatte into a Pipkin with a little water, and to let it boil well, till it be dissolved, and then to put in sufficient Water, and Sugar, according to the quantity of the Chocolatte, and then to boil it again untill there comes an oily scum on it, and then to drink it.

This way I was at first much pleased with, and upon tryal I found, that it did more perfectly dissolve the Nut then any, and reduced it into a perfect fatty broth, which did not at all offend my Stomach : but notwithstanding, and it was standing that it did not offend mine, yet I very pleasing, fear, that neither the adstringent bitterness rightly fat of the Cacao-paste ( which alone I drunk ) then any o. nor the aid of Achiole, Sugar, and Spices ther way ; ( which may loose their virtue by boiling, but I observed, that the and are not used by the Indians ) will render Spice had a it supportable to tender Stomachs ; so exceeding unctuous is the broth, or Drink, and taste, then otherwise : which happened either because the boiling added a sharpness to them ; or that the compages or body of the Composition was more lax'd, then otherwise : for not being mill'd, it did not seem so well commix'd, as otherwise.

But

But the most ordinary way is,  
 used to warm 'the water very hot, and  
 go ) when to poure out half the cup-full,  
 into that you mean to drink; and to  
 d to put into it a Tablet, or two, or as  
 ed, much, as will thicken reasonably  
 ter, the water, and then grind it well  
 ity with a Molinet, and when it is well  
 ly ground, and risen well to a scum, to  
 fill up the cup with hot water, and  
 so drink it by sups ( having sweet-  
 ened it with Sugar ) and to eat it  
 with a little Conserve, or Maple-  
 bread, steeped into the Chocolatte.

Of this last way Mr. Gage saith not only,  
 that it is the most used, but that certainly  
 it doth no harm, and he recommends it to  
 the practise of the English: he gives no rea-  
 son why the *Chocolata* may not be milled  
 with all, but a part of the hot water; nor do  
 I apprehend any, except that the vessel, in  
 which it is made, may be so little, as that it  
 may not be able to contain the whole liquor  
 to be milled, and prepared: for it must be  
 done in a pretty deep vessel, that it may  
 have

have room to dash about the sides, without which flying out, or running over, as it is mill'd. Otherwise I think no man will believe, that there can be so equal and due commix-ture in the Chocolata-drink, if one half only be mill'd, and the other half of water not poured to it; as if the whole were milled together: and consequently, it cannot be and

so good.

Wherefore the way now used at Sevil seems more rational, whereby it is thus made. The Chocolata-cake in a due proportion (that is, in my Chocolata, one ounce of Paste, two ounces of Sugar, and eight of Water) is dissolved in hot water; it never boiling at the fire after the Chocolata is put in;

because (say they) it will by boiling grow <sup>b</sup> sowlishe, or be so depraved as to subvert the Stomach. Then it is well milled, that it may grow frothy, and fatty: then it is powred out into Xicharas, or Cups, and so drunk hot. They give a special Caution,

that after it hath been

<sup>b</sup> I am sure, that the simple Cacao-paste sowlres not by boiling long, and several times; no not my compound Chocolata: but it is possible, that the Vaynillas, Alexandrian Roses, or some other Ingredient in Spain may upon boiling give the drink a sowlishe taste. Or it may subvert the Stomach by becoming too oily, or undiuous, as I observed before.

once milled, if it cool again, it is not to be heated and mill'd a second time, and so drunk. Because, they say, it corrupts, and sowlres: and herein they avouch their Experience, and desire no reason may be urged against it. This Caution, being given

con-

concerning the best Spanish *Chocolata*, and  
 thou which most resembleth mine, I could not  
 mill'd omit: and I am sure either it is not true,  
 that though we finde a difference in broths,  
 mix (when twice heated) or it must arise from some  
 f on Ingredient (I suppose the *Vaynillas*) and  
 water not from the *Cacao*, the simple paste whereof  
 I took and mill'd, and kept it several days,  
 t be and heated it again; and it was neither  
 sower, nor offensive to my Stomach: and  
 I kept it three days longer, and then heat-  
 ed it, milled it, and tasted it, and it varyed  
 not its relish, but was *inoffensive*, and free  
 from sowlshness. I boiled some of mine, and  
 drunk it *cold*, unmilled, without annoy-  
 ance: and I know a *Lady*, that with success  
 boiled it twice. Here in England we are not  
 content with the plain Spanish way of mix-  
 ing *Chocolata* with water: but they either  
 use milk alone; or *half milk*, and *half condit-water*; or else thicken the water (if  
 they mix no milk with it) with *one or more*  
 eggs put in entire, or *yolks* only into the  
 water, or where milk is mingled with the  
 water. In which way, as it is sold in the  
*Chocolata-houses*, there are these inconveni-  
 ences: if it be done with milk, it is natu-  
 ral for milk, being *hot*, and *standing so*, to  
 cast up a *Scum*; and, if it cool, it creams: so  
 that, if the *Chocolata* be kept after it is *milled*,  
 and not immediatly drunk, either upon  
 your second milling it you must cast away  
 the scum (or cream, if it stand *cold*) or mill  
 it

it into the Drank : the former course weakens it, by casting away also the flower, or cream of the Chocolate ; and the latter renders it unpleasant. And as to the mixture of eggs, if they be put in with the yolks and whites , and suffered to stand, the whites will harden , and disgrace the Chocolate : but if only the yolks be put in, and well milled , I have tryed them so, by not only letting the Chocolate stand hot before the fire, but even to boil it again, and mill it; and let it again stand for several hours before the fire, and I have not perceived it to vary the taste, or to embody into any thicker consistence then before it had; only I observed, that it did not yield so much cream, ( or scarce any ) on the top, nor such visible discoveries of fastness, as it would have done otherwise: and the setting at the bottom ( which upon refrigeration seemed as great, as if no egg had been mix'd with it, though the decoction or water were thicker much by reason of the additional yolk ) did not carry so much unctuousness, being tasted, as did those other settings, which I had tryed, without commixing any egg with them, either only once milling, or boiling them also. From whence I leave it to the more mature consideration of others to determine, whether the commixture of an egg be good, since it seems to hinder the dissolution of the Cacao into oily or unctuous parts ; and whether it may not produce

duce a like effect in the *Trompetto*, as it does in the *Pipkin*, ( Concoction being but a sort of Elixation ) and so impede the nourishment expected from the *Chocolata*: it being oftentimes as true,

*Quæ prodesset queant singula, juncta nocent :*  
as that other Saying,

*Et quæ non prosumt singula, juncta juvant.*

But these Experiments were made with the simple paste of the *Cacao-nut*, and not with compound *Chocolata*.

In Spain to Cholerick constitutions, and where there is any extraordinary heat, or inflammation of the Liver, or Kidneys, I find, that there is a more milde and temperate way of *Chocolata*, then is usual, prepared: or else the usual one is diluted with *Endive* or *Scorsonera* water: and where Phlegm and Crudities abound, there it is prescribed with the water of *Radishes*, *Fennel*, or *Carduus Benedictus*, which ( say they, though some in England protest against it ) vary not the taste, but encrease its virtue. It is given thus by way of alteration, as are other alteratives, general Medicines being premised; and every sixth day there is either another gentle purge given, or the *Chocolata* is then dissolved in an infusion of *Mechan*, or the like. In the Winter it is drunk  
bot

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hot ( being given to open Obstructions ) and in the Spring it is drunk in a more moderate temper : after it they prescribe Exercise for an hour, or half an hour, which must be moderate : and this course is continued thirty, or at least twenty days, or indefinitely till they be well : which they will soon know, the pale recovering their colour, and the short-breathed their winde ; the Urine amending its colour, and consistence : and all Symptoms either mitigating, or ceasing. But, if the Obstructions be inveterate, and too difficult to be overcome by this method, then they prescribe every day half a dram of Rhubarb trochiscated to be mix'd with the Chocolata, or of Madder-root, or a dram of Steel prepared. And this is the Spanish practise, and from which Anton. Colmenero de Ledesma varyeth not much ; as he, that shall compare him with my Intelligence, will easily see.

There is another way of drinking Chocolate cold, which the Indians use at Feasts, to refresh themselves, as it is made after this manner. The Chocolate ( which is made with none, or very few Ingredients ) being dissolved in cold water with the Molinet,

net, they take off the Scum, or crassie part, which riseth in great quantity, especially when the Cacao is older, and more putrefied: the Scum they lay aside in a little dish by it self, and then put Sugar into that part, whence the Scum was taken, and then poure it from on high into the Scum, and so drink it cold. And this Drink is so cold, that it agreeeth not with all Mens Stomachs: for by Experience it hath been found, that it doth hurt, by causing pains in the Stomach, especially to Women.

I should except against this way, not for the bare coldness only, (though <sup>c</sup> Piso and Auton. <sup>c Gul. Piso in Mant. Aromatic. cap. 18.</sup> Colmenero de Ledesma agree with Mr. Gage in the noxious effects of Chocolata drunk thus cold) but because of its nauseousness: for I found it to offend my Stomach with its coldness, more then if it had been pure water; and the nauseousness was insupportable, which did arise from the fat of the Nut dissolving in the water, and rendering

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it as odious, as would be fat Mutton-broth drunk cold. The Spaniards drink not the simple Cacao-paste dissolved in cold water, as do the Indians : but as that Nation is inclined to drink Snow, Snow-water, and Drinks refrigerated in Snow ( which are more authenticated by custom, and iodisyncrasie, then reason ) so they refrigerate and freeze their solution of Chocolata, richly Aromatised, with Snow : and so the Gallants, especially the Ladies, drink it; reputing the Spice a

I caused some Chocolata of my ordinary sort to be boiled, and some I milled, the other part I did not ; and drinking both of them cold, I did not finde any disagreement, but a pleasingnesse to my taste : yet was that unmilled very fatty.

sufficient corrective of the coldness, and nauseousness of it. I do believe, that it is not this way so nauseous, as the Indian way : but I cannot believe it wholesom, since so cold

Drinks ( before the heat

of the Spice be actuated by the Stomach ) do often make a fatal and irrecoverable impression upon the Stomach it self, and Lungs, and Heart, and Womb ; and is generally ( not universally ) condemned even as poison by the Spanish Physicians, however that their authority is suspended by a contrary practise received in Madrid, and Sevil.

“ As to the time of taking it, it is held  
“ ( by the Spaniards ) the most fit time to take  
“ it in the Morning, and Supper being di-  
“ gested, and the Body fresh, and the Sto-  
“ mach empty to receive it ; ( or else it may  
“ be taken in the morning not upon the  
“ first

" first stirring, and before any repaste, but  
 " after the taking of some other sustenance  
 " in a moderate quantity: (for then it seems  
 " most acceptable to the Stomach, and most  
 " necessary for the undergoing the employ-  
 " ments of the subsequent day. Besides  
 " crude, and indigested, or depraved reliques  
 " of the last night's meal are hereby ei-  
 " ther <sup>d</sup> reduced under a second concoction  
 " for the use of the bo-  
 " dy, or ou ted the Sto-  
 " mach for its ease. The  
 " Chocolata it self also  
 " is much more easily  
 " concocted, and distri-  
 " buted, whilst there is  
 " not any thing else in  
 " the Stomach to delay,  
 " or retard its progres  
 " into the Veins, and va-  
 " sa chylifera: its influ-  
 " ence is then more sen-  
 " sible to dissipate any  
 " noxious Vapours.

" Which Effects are to

" be supposed to follow, if it be taken with  
 " moderation; being neither of too thick <sup>e</sup> a  
 " consistence, nor too large a quantity:  
 " Some there are, who have taken it usually,  
 " instead of Wine [which is their table-  
 " drink in Spain] " at Diner, and Supper:  
 " but this hath not been sufficiently expe-  
 " rimented, that it may be vulgarly per-

<sup>d</sup> It is an indubitable Truth, that  
 after digestion, and descent of the  
 Chyle into the guts, there are still  
 some remainders in the Stomach,  
 which by long fasting, or particu-  
 lar indisposition, do corrupt, and  
 grow acid: such, continuing so, are  
 not to be wrought on; but, if they  
 be diluted by the mixture of warm  
 Chocolata, Nature will then concoct  
 it, as it doth Spirit of Vitriol, or  
 the like with Julep.

<sup>e</sup> If it be too thick, they say, it  
 will obstruct: if it be too thin, it  
 yields neither delight, nor nourish-  
 ment considerable.

" mitted ; since perhaps custom, or individual  
 " constitution, or a moderation in Diet ,  
 ( which helps all errors , but is not vul-  
 garly to be presumed on ) " may render it  
 " only innoxious to them. But it is certain,  
 " that it may freely be taken four or five  
 " hours after Diner, Concoction being then  
 " finished, and the meat not only dissolved  
 " in, but distributed in great part out of the  
 " Stomach. And so it will enable them to  
 " persist till night, or ( if they eat no sup-  
 pers ) " the day following. Nor need any  
 " fear, that being taken at such a time as  
 " four or five a clock, it will prejudice his  
 " sleep the night following : for such accidents

" befall only those, who  
 " take it f late at night,  
 " and not so early, as it is  
 " here recommended : or  
 " where the *Chocolata* is  
 " too hot of Spices, so as  
 " that it begets too great  
 " an agitation and fervour  
 " in the blood ; which may  
 " befall any body : or

" where the body is of so  
 " hot and Cholerick a temper, that it can-  
 " not bear *Chocolata* moderately spiced ,  
 " or compounded with milde Spices. But  
 " in Phlegmatique Persons, and such as are  
 " aged, it is observed, that it causeth them  
 " to rest excellently well.

" They further caution us, If we be dry,  
 " or

f Mr. Gage ( Ch. 16. ) saith ,  
 that, when he purposed to sit up  
 late to study, he would take a  
 cup about seven or eight a clock  
 at night, which would keep him  
 waking till midnight. I took it  
 my self twice at ten a clock at  
 night, and I think it did render  
 me less sleepy then ordinary ;  
 though I am usually one of little  
 sleep.

" or in Summer, not to drink Chocolata till  
 " we have first drunk some cold water,  
 [ which is instead of Beer to them in Spain,  
 when they drink not Wine ] left Chocolata  
 [ as it is now compounded with Spices, and  
 Sugar ] " should produce, or augment our  
 " thirst. And, after we have drunk Choco-  
 " lata, they strictly prohibit all manner of  
 " Drink; for, whether Water or Wine be  
 " drunk after it, there do frequently ensue  
 " very dangerous Diseases, and Symptomes.  
 " A very observing Spanish Physician as-  
 " sures us upon his own knowledg, sonic have  
 " been thereby immediatly seised with a  
 " vertiginous indisposition, and  
 " giddiness; & others with a Cho-  
 " lera; very many have fallen  
 " speechless. It is also prohibited  
 " by them as hurtfull in Fevers,  
 [ because prepared otherwise then  
 by the Indians ] " as augmenting  
 " the Disease. So they prohibit it in Fluxes,  
 " by reason of its lubricity to encrease the  
 " already excessive laxity of the guts: yet  
 " they confess it hath sometimes been bene-  
 " ficial in Lienteries.

g I have been ascer-  
 tained also of these ac-  
 cidents by one, who li-  
 ved many years in Por-  
 tugal, and made Choco-  
 lata there.

But, in conclusion, my Author tells us,  
 that " It is a certain thing, that however  
 " these Cautions may seem rational, yet it is  
 " not observable, how the drinking of Cho-  
 " colata can be reduced under any certain  
 " model of Rules in the taking it; since it  
 " is become so universally used [ in Spain ]

" that it is taken at all hours, and times; it  
 " is the delight of the Masters, the sustenance  
 " of Families, and the grand entertainnient  
 " of Friends: *quia jam sine illo vitam nesci-  
 " um;* because they know not how to live  
 " without it.

There is another way of taking it made  
 into *Lozenges*, or shaped into *Almonds*, with  
 Orange-flower water, Amber-grise, Sugar,  
 and the white of an Egg, *gum-dragant*,  
 and perhaps some other Ingredients. As  
 to the former way of making up *Chocolata*  
 into *Lozenges*, or Cakes, and so eating it,  
 my Spanish Author gives it this Character,  
 (which indeed extends to both sorts) *man-  
 dendo, aut in buccellis comedere, insuperabiles  
 obstrunctiones creat, seu dum fiunt bellaria cum  
 saccaro, aut in pasta comeditur:* 'To eat  
*Chocolata* in Cakes, or otherwise by bits,  
 begers insuperable Obstructions; that is, if  
 you eat it made up into Confects or Sweat-  
 meats with Sugar, or in Paste. I cannot,  
 I must confess, pass so general a sentence on  
*Chocolata*: I suppose the Opinion of it is to  
 be regulated by the goodness of the *Cho-  
 colata* that is eaten; and that I leave to be ex-  
 amined by my precedent Discourse about  
 the variety thereof. That the *Cacao-nut*  
 is nourishing, there is no doubt of it; that  
 the simple paste may innocently be eaten, I  
 think too: but that *Chocolata* made up with  
 so great a proportion of *Sugar*, and with such  
 Spices, Oils, and Essences, as are used (all, or  
 some

some of them) in the Chocolata designed for that use, I believe no Physician will promiscuously, and without distinction of Persons, allow it, but who hath another Opinion of Sugar, and Spicery (except what I have recommended) and Chymical Oils, and Essences, then I have in this case, or many other. It is true, Hippocrates saith, It is easier to be nourished with Drinks, then solid meat; and that They, who have need to be quickly refreshed, must be dieted with Drinks, or potable liquours: but these two Sayings make not for the giving of Chocolata in Paste, or Confests, no more then his recommending in sundry cases Ptisanes of Barley doth encourage us to give to weak Stomachs barley-bread: or, because Almond-milk is good, therefore to recommend the Maccaroni of Italy so condemned by h Fienus. Should I say h Fienus did never so much for the one or other way, flat. and evince them to be better, then any preparations of Almonds, and Pistachias; as I believe them to be: yet would they still be Sweet-meats, and consequently more used, I must say then approved. And the Obstructiveness of this in favour of the Cacao, them, how inveterate and obstinate soever, above Almond and Pistachia-sweet-meats; that I cannot take any Sugar'd Drinks, or Sweet-meats without a sensible disorder of my blood; but I never found, that Chocolata, though drunk with a double proportion of Sugar, besides what is in the Paste, or Cake, did ever offend me; but refresh and comfort me very much: nor did the Chocolata-Cake eaten ever offend me, though I never found it to strengthen, or satisfy much, nor nor the Nuts when eaten dry; which is a strange effect, yet perceptible to any that drink, and eat it, or the Nuts.

arises not from any particular badness of the Cacao-nut, but from the general unwholesomeness of all Confects, and Sweet-meats. And this I shall not now make out by Arguments, ( though it might easily be done ) but by the instance given by Dr. Hart in his Diet of the diseased ( lib. 1. cap. 22 ) and it is as follows. I remember, living in Paris 1607, a young Clerk, living with a Lawyer in the City, procured a false key for the Closet, where his Mistresses Sweet-meats lay : and for many days together continued thus to feast with her Sweet-meats, and loaf-sugar ( whereof there was no small store ) untill at length he became so pale in Colour, lean in Body, and witball so feeble, that he was scarce able to stand on his legs ; insomuch that the skilfullest Physicians of the City, with the best means they could use, had much ado to restore him to his former health again. A little time will shew whether the use of these new Cakes will be as prejudicial to health, and productive of Consumptions, and other weaknesses of the back, or Hypochondria, in our English Women ; as the rest of Sweet-meats have been : for it is the general opinion, that the multitude of Sweet-meats used by our Ladies is the occasion of our aforesaid Diseases so much increasing. I shall not now enquire into the verity of the Opinion : for there are instances of Countries, in which Sweet-meats are much more used then here amongst us, and yet they are not so molested, as we, with those Distempers.

tempers. I say then, that the ill effects of Sweet-meats do but accidentally follow upon their use, and therefore we ought to examine those circumstances, that occasion his variety of effects: which I have not leisure to do, nor that opportunity, which I expect amidst the Sugar-works of the West Indies.

## C H A P. VI.

*The Author's judgment concerning Chocolata  
summarily delivered, as to its effects, and  
the ways of using it.*

IT were easie to evidence the excellency of warm Drinks above those, that are taken cold, if I had leisure: for certainly, if the use of Drink be to allay thirst, to moisten the body, and to distribute or help the digestion of the food we take; it is not to be doubted, but hot Drinks perform all this better then cold: and for the evincing of this to each point, both Reason and Experience might be alledged. For the practise of the antient Romans favours much hot Drinks; as every man knows; and the modern tryals of Campanella, and <sup>a</sup> Gassendus, as well as Antonius Persius, doth manifest, that all the aforesaid ends may be attained <sup>a Gassendus</sup> Phys. Sect. 3:  
1. s.c. 1. Siba-  
beatur ratio  
valerudinis, docet experientia quam saepe gelida potus noceat, quam  
nunquam potus calefacte.

by

by warm or hot Drinks: and particularly, as to the quenching of thirst, it is undeni-  
able, that hot Drink not only quenches it  
at present, but prevents its return, better than  
cold; and yields as much delight, maugre  
the assertion of Pliny, that all Animals de-  
sire cold Drink: and that misty Definition of  
Aristotelian Philosophy, that *Situs est appe-  
titus frigidi & humidi*: Thirst is a desire of  
cold and moisture; which is notoriously  
false, disproved by the Arguments and try-  
al of Gassendus, as well as others. Yea Drinks,  
that are taken hot, surpass themselves in their  
effects, compared to what they do when  
taken cold. Thus hot water drunk daily  
before Diner cures the Stone, and Gravel  
in the Reins, as Zecchius affirms, and <sup>b</sup> Tral-

<sup>b</sup> *Trallian. l. 9. c. 4, 5.*

<sup>c</sup> *Coffeus De puct in morb. lib. 1. cap. 52.*

lanius: and the benefit others have found  
by it doth manifest. Wine drunk hot doth  
much more corroborate a weak Stomach,  
then when drunk cold; as <sup>c</sup> Coffeus avows,  
and hath been tryed by several in Con-  
sumptions, to my knowledg. I shall not  
speak concerning the Decoctions of China-  
root, Sarfa-Parilla, and Guajacum, of which  
the same Assertion may be made. I have not  
leisure to insist hereon, nor the conveniency  
of my Library to aid my memory with ci-  
tations at present. I suppose then, that, in  
general, Chocolata is rather advantaged, then  
prejudiced, by being an hot Drink.

It is of an unquestionable nourishment: for,  
as it is the chief sustenance of the Spanish  
Indies,

Indies, this cannot be colourably denied: and though Pope Urban the Eighth did declare it in discourse, and by a solemn Bull, that it was meerly a Drink, and so *consistent* with the *Fasts of the Church*; yet few believe him infallible therein, who understand the Drink: and the *Carmelite-Friers*, by way of Mortification, have a Statute amongst them in the Indies, that *they will drink no Chocolata*. You will not finde Mr. Gage to take a journey, but he makes it an important care to provide *Chocolata*: nor is he singular therein; but follows the general example of the *Spaniards*. Whether he is treated publickly by *Towns*, or privately by particular Persons, his entertainment and refection is *Chocolata*: agreeable to what *Acosta* says.<sup>d</sup> It is a Drink very much esteemed among the Indians, wherewith they feast Noble-men, as they pass thorongh their Country. The *Spaniards*, both Men, and Women, that are accustomed to the Country, are very greedy of it. The Nut is one of the richest commodities of the *West-Indies*: and however some disallow the use of it raw, or roasted, others do repute it less obstrutive, and more wholsom then they judge it to be. The Nut is of an exceeding fatty substance, being viewed in a Microscope: in a *Jamaica-nut* I could observe large and spreading Veins or streaks of white fat, which I suppose to make the fat, which appears upon digesting, or boiling it without milling it.

Examining

*Acosta lib. 4. cap. 22. Gage chap. 16. Benzon. lib. 2.*

A3

Examining the *Caraca-nut* by a Microscope I could observe nothing of fatty veins, or streaks; yet is not that Nut leaner, then the other: I know not whether I ought to call it *oyl*, or *fat*; and for either appellation I may be questioned: but, give it what name you please, I dare avow, that one ounce of *Cacao-paste* well digested will yield more fat, then a pound of fat *Beef*, or *Mutton*, even when stewed. Besides the fat, which never so separates from the other parts, as to lose totally its bitterness, whereby it is preserved agreeable, and not *nauseous* to the *Stomach*, there is a red part, which principally contains the bitter parts: it hath been generally reputed as an earthy and obstructive thing; but, without doubt, it is as necessary, as any part of the *Nut*, and as little to be rejected: for it is that part, which fortifies the *Stomach*, and enables it to bear the *oyliness* or *fattiness* of the rest of the *Chocolata-potion*: it preserves the taste in its vigour, and the appetite, which would otherwise be dulled by the fatty potion: and as it helps digestion in the *Stomach*; so in the *Guts*, it promotes Concoction there; and corroborates them: all which is not to be denied to parts of that relish, as we experiment daily in herbs of a bitterish taste: nor need we to fear its costiveness; for, as none ever experimented such an inconvenience by taking good *Chocolata*, so I think it impossible, it should bind; since it is fermentation

mentation, that we owe each stool to ; and it is impossible what promotes that in the Guts, can ever create a prejudice by too great an *adstringency*. It is strange, that all Ages and Countries finde it to agree with them, and the effects of it are such every where, that it alone may seem to supply all food and *Physick*. I have heard and read Discourses of *Panaceas*, and *Universal Medicines* : and truly I think *Chocolata* may as justly at least pretend to that Title, as any. For indubitably *Health* is nothing else but *an ability to discharge the several ends, to which Nature hath designed us* : and this depends upon the preserving each *individual person* in the *individual constitution*, which Nature hath given him. For howbeit, that we propose to our selves the *Idea* (conformable to what *Polycletus* did in another case) of a man *exactly tempered* ; yet it is not the intent of a *Physician* to reduce every Patient thereunto : to the *Cholerick* it is his *nature* ; not disease to be so ; and so for the other *complexions* : and to subvert the *particular temperament*, is to *destroy*, not to *cure* : and the *attempt* will not succeed. To preserve a Man herein, it is necessary, that his food be such, as digests well, begets good Blood and Spirits : and that this *Blood* (in which according to the *Scripture* is the *life of Animals*) be depurated so by the several *emunctories*, as that it may qualifie the party to exercise those acts, the performance

ance whereof is an evidence of life; and the well-performance of them, *Health*. It is natural for the *Blood* to purge it self by several ways; and, if that be done, all the *Operations* of *Life*, and the intermissions of any of them, will be according to *Nature*. To imagine, that this can be performed by *Medicines*, is an impertinent folly: the *Blood* is more naturally purg'd by transpiration, and sweat; by urine, and siege duely discharg'd; by spittle, and snot; then by any *Purges*, or *Vomits*, or *Electuaries*, or *Pbleotomy*. It is not to be done much less by one *Medicine*; for though such an *Arcanum* were in being, as would depurate the *Blood*, and revive the decayed fermentations of *Nature*: yet would it require other circumstances to effect this; as a *moderation* of *Diet*, and the *six things non-natural*, &c. without which it can do no more on the *blood*, then the mixture of barm doth to wort; it may be ready to produce a *fermentation*, but it will not open a *bung-hole*, or create *vents* for the *Drink*. Frequent *Pbleotomy* hastens old *Age*, besides other inconveniences: frequent *Purges* are much worse; for it is usual with *Nature*, when taught one course to pursue that to the *discontinuing* of other *evacuations*: so that, to teach *Nature* to disburthen her self into the *Guts*, and *Stomach*, neither of which are designed for *Vehicles* or *receptacles* of *Excrements* remaining after *digestion*, or cast in there by *Nature*, but for a

*continued*

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continued Concoction, prosecuted by Nature from first to last ) is to teach her to omit her other evacuations, which are as necessarily as going to stool, and ( which is more) to accustom her to disburthen her ill Humours into those parts, the right Tone whereof is that, whereon principally Health depends.

Let us consider, how our Palat and Taste is disorder'd by the *defluxion* or *redundancy* of an *insipid Salt*, or sharp and *Vitrioline* Humour : let us examine the like inconveniences, when they befall the Stomach, and by this *Analogy conjecture* at the effects, which arise in the Guts upon the like accidents. And can we think it prudence to use Nature to discharge it self into that Chanel , so often as we do ? View the World, and you will see, that not one of those, that constantly take purging and opening Diet-drinks; that deal so much in Pills of Scammony, and other such like Purges; not one of them, but is more or less *Hypochondriacal*; whereas those Country-people, which sweat, and labour, enjoy an undisturbed health, strength, and fresh colour.

To apply all this, since the nature of Health is such, as I have described it to be; and that it depends upon such means, as I have specified ; it is undeniable, that there is not any thing hitherto extant in Phyfick, that may compare with *Chocolata*, which is not only mony in the Indies, but food, and Medicine too every where. It yields good

good nourishment, with this advantage, (wherein it surpasses all *Wines*, and *Cordial Spirits*) that its nourishment is not only quick, but less dissipable then theirs. It begetteth such Blood, as fitly depurates it self by *Stool*, *Urine*, *Spittle*, and *Sweat*; as I have observed in my self: and consequently there cannot be any thing more apt to preserve *Health*, and *vigour of Spirit*. I must profess it to be the Assertion of the *Indian Writers*, that it opens *Obstructions*, provokes *Urine*, and *Sweat*. I dispute not its temperament, be it *hot*, or *cold*, or *imperceptible*: but I shall tell my own Experiments, consonant to the *Indian Discourses*. I never could finde any such effects, when I took it mix'd with *eggs*, or *milk*: and indeed I like not much either of those ways, since the *Nut* there seems to differ much from it self, when prepared alone; as I observed in the dressing of it with the *Yolk*: and the same I have observed with the *white*, when commix'd the ordinary way; though I must needs say, that I have so put in, and mill'd the whole egg, that the *whites* have never curdled, though it hath been heated twice. But, to pursue my inquiry into the truth of the *Indian assertion*, I prepared it the *Indian and Spanish way*, and walking upon it, I felt my self to be seised with a gentle sweat, or moisture, and moderately to purge by *Urine*, and to *expel* *phlegm*: and this I finde constantly to befall me, if I take it

so:

so : and it less offends the Stomach, and refreshes more, then any other way. Having been lately at a Fish-diner, I found my self not well after it ; *Coffee* gave me no ease : but rather encreased the Distemper ; till I forced my self to vomit several times : having done so, I went to bed ( it being night ) and drunk a large draught of hot *Chocolata*, prepared the *Indian* and *Spanish* way, and I suddenly fell into a sleep, and sweat : and so continued all night-long, and found my self perfectly well in the Morning. This effect seemed more strange, because many think *Chocolata* to oppose sleep, but I found my repose then very sudden, and lengthened at least three hours beyond what I usually take. Since that, I have sundry times taken it that way, going to bed, and I have found it no way to prevent sleep : nay, I never sleep better, then when I take it : and therefore I am ready to give this Reason for Mr. Gage's taking it, as often as he was to sit up ; not to keep him awake, but to preserve his Spirits, which in the Indies need a frequent supply of food. Or it may be said, Since sleepiness, and natural sleep are two things, that *Chocolata* may allay *splenetique fumes*, and drowsiness, and yet promote natural sleep.

And as *Chocolata* provokes other Evacuations thorough the several *Emunctories* of the body, so it doth that of Seed, and becomes provocative to lust upon no other ac-

K count,

count, then that it begets good Blood; that nourisheth much, and, as it nourisheth, separates the already inexistent superfluities; or varies, and degenerates into new Excrements, which are to be discharged out of the body by their several passages, one whereof are the *Spermatick vessels*. If I do call the *Seed* an *excrement*, I am sure I have Aristotle's authority for it: which will make it the less a *Paradox* to the vulgar; fvide Prosper. whilst others concur with me herein, who by Alpin. Medic. Excrement understand nothing, but quod Naturam excernere decreverat, what Nature intended to excern: and that the *Seed* is such a thing, is undeniable, I think. The use of *Venery* is as natural, as for a Man to blow his nose: though not so lawfull every way; since even simple Fornication is prohibited the *Gentiles* with as strict necessity, as the eating of blood, and things strangled: And however after-times have absolved themselves from the necessity, which prohibited the latter, by eating strangled Rabbets, and black-Puddings: yet have few or no Divines attempted the former, or alleviated it: howbeit that \*\*\*

g A.D. 15.29.

h Petron. De vicit. Rom. lib. And it is an unquestionable Experiment, that moderate *Venery* eases the Chest, re-  
s. cap. 1. sives the Brain, impinguates the Body, and  
Prosper. Al- pin. Med. me. cures or contributes much to the cure of  
thod. lib. 3. many Diseases in both Sexes: it is admirably effectual in hot Distempers, and mad-  
cap. 6. ness

ness of the Brain in young unmarried folks ; as I have seen, both in *Maniacks*, and *Melancholicks*, whose Cure hath been more facilitated hereby, if not totally effected, then by repeated *Pblebotomy*, and extenuating Diet, and *Potions*, or *Electuaries*. Yea, I have known a *Chronical Tertian* break in the *Spring* by a *Critical solution* of this nature : which, however it may seem incredible, is I am sure true ; nor had the Party ever before experimented those pollutions ; but he did instantly recover, and was so far from being debilitated with a *large Critical eruption*, that he was beyond belief at that very time refreshed, and strengthened in his Spirits. I shall not insist upon the benefit Women receive thereby : though I could recite an infinity of Cases out of the *Physicians for Nunneries*, that might be considerable herein ; their *Hysterical fits*, *Hypochondriacal-melancholy*, *Love-melancholy*, *Atrophy*, their *Spermatical Fevers* ( related by *Sinibaldus* in his *Geneanthropia* ) are instances of the necessity hereof : and then the great prudence of *Moses*, who, if he severely prohibited, that there should be no *Whore amongst the Daughters of Israel*, he took great care for their timely marriage. As for Men, I have known many, who, being absent from their Wives but a few days, would be troubled with a smelling of the *Testicles*, or an unusual paleness, and stuporiness of Brain seising on them, who would

finde a constant and infallible Cure again in the embraces of their Wives. Nor is this passage designed by Nature alone for the evacuation of the Seed : I have shewed how a Chronical Tertian critically did break that way ; and many other eruptions happen that way, then are Seminal. I mention not the virulent Gonorrhœa ; but intend other Pollutiones, and Ejections, which are recorded in the books of the Roman Casuists, especially Gerson de pollutione nocturna. And, if I be thought immodest in this Discourse, I am sure the Chancellour of Paris is never named ( no not by Protestants ) but with honour, notwithstanding what he hath writ ; and there are Passages in the Bible, that retrench, as much upon Civility, as any thing, that hath fallen from my pen : and I treat of nothing, but what is as much included within my Profession, as within the Subje&t of Casuists ; and why should I be more blamed ? Is it not one of the ends of Marriage to prevent burning ? yea, is not this the principal Argument insisted on by the Protestants in the behalf of a married Clergy ? \*\*\*\*

Let us then take it for a certain Position, that What yields the best Blood, and promotes all naturall expurgations, is the best of Food, and Physick. And that Chocolata is such, appears by what I have already said. I cannot allow it to be Provocative upon any other

other account: ( if it be prepared without any lustfull Ingredients ) and it hath this advantage above the most substantial Butcher's meat ( the taking whereof with chearfulness, and manly exercises, is the best Venereal preparation ) that it allays, with its milde and vegetable Oilineſs, the sharpneſs of the Blood, and Nervous Liquour, which the animal Sulphureouſness of the other does not. There can be no Universal Prescript for the promoting *seminal Excretions*: yet, ſince it is a part of *Physical Institutions*, and treated on by every English'd Institutioniſt, I ſhall enlarge thereon, for the benefit of the married: which is a justification always ſufficient for theſe kind of Discourses.

I take it for granted, that there is a particular ferment implanted in the *Testicles*, and *Seminal parts adjacent*, whose Nature it is, after that it hath lain digesting, and maturing for ſo many years ( viz. twelve in *Females*, and fourteen in *Males*; more, or less, according to the *individual temperament* ) then to exert it ſelf, and to vige-rate the Blood, ſo as the whole body, as well as voice, ſuffers a great change: the *Aspect* becomes *more lively*, and *chearfull*, their *Wits* *more ripe*, their *Carriage* *more debonair*, their *Nerves* *more agile*: in fine, I may here accommodate, as to the age beginning to be qualified for thoughts of *Love*, what the *Comedian* ſaid concerning *Love* is ſelf,

*Adebo ne ex amore quenquam immutarier,  
Ut non cognosces eundem esse?*

This Seminal ferment in its first operations doth only impregnate the Blood, and nervous liquor, circulating, and passing through those places, in which it resides, with a new and unspeakable vigour, and sprightliness, without occasioning any excretion, or seminal congestion in the Testicles, or prostate, but inclining to erect: for the operation of each ferment hath its time, and requires a determinate Subject to operate on. Thus Lads have Venereal prolusions, yet without emission; because the Seminal ferment doth enliven their Blood, without any separating of seed thence: for the Blood, and proportionably the Liquor of the Nerves, is not of the same nature in Striplings, as it is in men of fuller growth; there being in the former a great deal of Phlegm with a small quantity of Spirit, and volatile Salt, whereas the latter is of a much different nature: and consequently, the effects of the Ferment are not so powerfull in the former, as in the latter.

From this Consideration it is easie to finde out a reason, why Striplings are longer before they eject, then others, and yield not so much pleasure to the Female they embrace. Their Seed being without doubt clogged with Phlegm, which doth more slowly

slowly issue out, and, for want of *Salt*, and *Spirit*, doth not so affect the *Womb*, that receives it, as doth that of a grown man: and this is the reason, that one man differs from another in the pleasure arising from his embraces: and a Woman, accustomed to the Society of one Husband, may either not love him, or prefer another, with more excuse, than the vulgar allow, or apprehend: there being a very great resemblance betwixt the *Womb*, and the *Stomach*, and as great a possibility, that the one is capable of loathing some — as well as the other may do some *Meats*: and of this, as to the variety and difference betwixt *Woman* and *Woman*, or betwixt the same *Woman* at one time, and at another, I have been assured by Men of great Experience, as also by sundry eminent Writers, as *Ulmus*, *Campanella*, and *Sinibaldus*: and *Martial* many times insinuates it.

Whilst it is not natural for this *Seminal ferment* to act, so long the Blood needs no such evacuation; and the attempts of it are prejudicial to the *Health*, untimely *Venery* hastening old age: but, when the Blood and Nervous Liquor becomes acrimonious thorough the abundance of *Spirit*, and *Salt*, and that it is impregnated by the *Seminal ferment*, as water passing thorough Minerals: then it is natural for it to depurate it self by a separation of Seed in and about the *Testicles*: and that, being separated there, is not

reimbibed into the Vessels again usually, ( for in some Cases I believe it to be ) but it will force its way out in nocturnal pollutions, or create perpetual inclinations to lust ; or, in part remixing with the Blood, after it hath been long extravasated, it begets redness and Pimples in the face, acrimony of Blood, Sputation, Oppressions of the Chest, Palpitations of the Heart, surtiness of Humour, disturbed Sleeps, Head-aches, a peculiar Distemper in the Brain, as ( together with its Cure ) is more evident to i sense, then to be express'd by language.

i Vide Prof.  
per. Alpin.  
lib. 3. Med.  
Method. cap. 6.

This is the nature of Man, who in Paradise was to encrease, and multiply ; and by the fall his Nature was debilitated, not lost, k Aug. de civit. In his book<sup>k</sup> concerning the City of God it is Dei lib. 4. cap. avowed by St. Austin, that Adam in Para- 23. & 24. The dise, before the fall, could have erected at whole Pas- pleasure, and that the motions of the fleshe too large to were so perfectly subordinate to his will, insert here, is that he could as easily have moved his — as put in at the his hand ; a constant vigour and immortality of end of the book ; to il. spirits attending him, and being entailed illustrate the on him, whilst he continued in that condi- effects of A- tion : but, since the fall of Adam, those adam's fall; and morous inclinations are less constant to as an Apolo- men, and depend upon other circumstances, Discourse a- then the dictates of his Will. The effects gainst severe of Grace bestowed on Adam are endeavour'd Censurers. to be supplyed ( where youth , or Nature fails ; the efforts whereof are infinitely short of the pleasures of Paradise ) by Salt, or

or Spiced meats, Cullises, and Jellies. But neither Anchoves, or Bononia-sawsages; no Preparations of Cock or Lamb-stones, or Dia-  
satyrion equal that primitive condition: nor do the Fruits in Jamaica call'd Cusbu e-  
qual the feeding of the tree of Life, as to this  
point. Some are provocative only by pro-  
ducing a strong and well-digested nourish-  
ment. Thus solid and substantial Butcher's  
meat, and the like, are the only lustfull  
sustenance to a good constitution, and strong  
body, inured to vigorous Exercises: for  
the performances of the bed are not crea-  
ted therein. Ease and soft-lying do but effe-  
minate the body, and they become unable  
to concoct strong meats: and the Seed be-  
comes worse-digested, and, as I may call it,  
worse-relished for the Gusto  
of the Womb; the erection  
is less vigorous, and the spi-  
rituascency of the seed little;  
and the ejaculation too sud-  
dain, weak and improportion-  
ate to the ardours, and de-  
sires, and expectation too of  
the Female Paramour. The  
Nourishment, that ariseth  
from substantial meats, and  
of full growth, is less diffi-  
pable, and more impregna-  
ted with animal Salt, then the young, tender  
flesh, or liquid sups: they require and pre-  
serve a strong Stomach, which lighter meats  
do

I hope the Presbyterians  
will consider this, and no  
longer condemn the Chocolata  
drinkers for Luxury, and Vene-  
real inclinations: since it seems  
manifest, that there is no Ve-  
nereal projects like to your con-  
stant Diet: viz. a Candie in  
a morning, milde, but beary: a  
diner of solid meats, a good  
Sack-posset with Eggs & milde  
Spice, at night; and all day a  
moderation in drink, and exer-  
cise.

do not : and exercise depurates the Blood, separating out the several excrements by distinct emunctories, whereby the Blood is better concocted, and capable to yield a more vigorous Seed, and to bear its ejec-tion more easily, then otherwise it would. The Nerves and Muscles are more tense and strong, the Pulse is more full and strong after wa-king, then in the sleep : and every Man ex-periments the truth hereof in himself. To a good Constitution if you give Wine, Spi-ced-drinks, or other Delicacies, or Luxu-rious provocationes, you destroy his Stomach, and debilitate him. These Incentives are only for the Phlegmatick. The others ( e-specially the more hot ) are more provoked by cooling things, and what fixes rather, then heightens the Spirits. Thus Rachel purchase Mandrakes for Jacob. Thus the amorous and Martial Turk drinks Opium, and Sbirbet, to continue his lust, as well as strength : and however the generality pre-fer the yolks of Eggs, the most observing  
1 Petronius, and others, who have tryed it,  
2 Vide Petron. De vict. Ro-  
man. lib. 3. cap. bid me say, there is not any thing in Art, that equals the white of an Egg mix'd with some  
19. De ovis,  
Selib. 5. cap. 16. Qui etiam ad sobolem procreandam majore irri-tamen, plurique semine indigent, hos & efficacius & suavius con-cubituros, si prius, quam uxorem incaut, ferculum ex latte ovorum, qua tremula nuncupantur, cum pane recenti, quemadmodum lac i-psum comeditur, triduum quatriduumve manū & vespere ante cibum assumpserint. Neque in hoc casu præsidium aliud ullum huic par esse, sive pipiones cum vino rubro, cum Aromaticis, sive Diasaryton in medium adduxerit.

temperate

temperate Cordial emulsion, or beaten with Rose-water, and mix'd cautiously ( to prevent Curdling ) with some strained water-gruel, or the like, and sweetened with Sugar. And being prepared this last way ( or with Rose-mary-Poffet-drink ) it is an excellent thing for any Cold, or for a weary Traveller, causing him to rest well, and relieveing his strength, so as to diminish, or take away all wearisomness occasion'd by hard travail. Others will be the more inclined to this Opinion not by tryal, but common reason: it being the White, out of which the Chick is shaped; the Yolk being entire, when the Chick is almost ready to hatch. It is an albugineous substance, out of which we are created, and fed in the Womb: and the Seed ejected hath a more then ordinary resemblance, in its colour, consistence, and spirituascency, to the white of an Egg. Besides, it is the white of an Egg, which makes the bread, cakes, &c. to be light; your Yolks commix'd make them heavy: the one allays all acrimony of Humours; the other encreaseth Choler, and augments the evil Humours in the Stomach by being easily depraved. In summ, I think it can hardly be imagined, that the Yolks of Eggs be good food; since the taste of them upon the Stomach, after the eating of other meat, is a sign of ill-digestion. And indeed the taking of the aforesaid Preparation of Whites of Eggs: is never more necessary, then after those

those amorous conflicts ; when the Nerves and Blood are weakened by the late effusion, and the vigorous performance of those Venereal Exercises, in which the whole body suffer a very great agitation, and the *Sinews* a tension answerable to the stretching of a chord ; the whole Blood boils, and the Brain labours proportionable to the passion of the *Inamorato* : who, if he be not of too hot a Complexion, exchangeth those transports, and pleasing languours, which conclude these dalliances, for a delightful slumber ; but, if he be of a more Cholerick, or hot constitution, the disorders of his Blood survive his delights, and diminish them much by rendering him Melancholy, or peevish, and either immediatly, or not long after creating him an *head-ach*, which is not allayed but by the next night's repose. To prevent this, our wise fore-fathers in England made it a custom each Wedding-night to provide a Sack-posset with Eggs for the Bride-grooms to eat of, going to bed ; and also to stand by him all night, that he might eat of it, as often as he pleased, to recruit his Spirits. I should recommend the like practise ( either mixing his whites of Eggs with gruel, or Sack, or Sack-posset-drink ; and omitting, or lessening the yolks ) to every Lover, as often as he is engaged, taking of it immediatly after he hath ended his sport : whereby he will ( provided it be not too stwick ) prevent the inconveniences of the past

past conflict, and be enabled for another. As for Chocolata, how effectual it may be herein, I understand not by experience: but, since the most amorous Nations in the World drink it, it is very possible, it may conduce therunto much. If it be the design of Phyfick to preserve Nature, and free her from superfluous collections of Humours; and nothing doth that better than Chocolata, as far as Venery is but the Collection and ejection of a superfluity gathered in, and about the Testicles: with-

out doubt Physicians cannot decline to recommend it. It chears the Spirits, begets good Blood, and opens all the Emunctories of the body, and passages, by which Nature designs the ejection of some particular Humour. And this is to be understood of the Cacao-paste, and milde Compositions of Chocolata, in which there is nothing, that doth beget a particular fusion in the Blood, and a titillation inclining a man to Venery beyond the natural disposition of the Person.

What I have hitherto spoken had no further intent, then the support of that Nature, which

I cannot rely upon my own ex-  
perience in any part of these amo-  
rous Discourses, and Observations;  
but I owe it all to the acquain-  
tance I have had with Persons,  
the vigour of whose Spirits, as it  
made them learned and eminent  
Philofophers, so it did incline  
them to render to love. It being  
observed by the Marques Mal-  
vezzi, that Men of great parts  
are not chaste by Nature, but Grace  
or Prudence makes them to be so.  
But, as to the taking of the white  
of an Egg in gruel at night, I  
have for some years scarce used  
any other Supper: and I finde it to  
refresh my Spirits, which are ta-  
ken up with perpetual contem-  
plations, and to allay all ardours  
of the Blood; and vapours, whose  
acrimony might disturb my rest,  
and to remove all weariness oc-  
cation'd by study, or travail.

which God gave us, and which, as I have shewed out of St. Austin, hath been much impaired by the fall. I know many will be apt to censure this Discourse, as tending to sensuality, and the upholding carnal lusts and desires: but I suppose the more prudent will acquit me from any such imputation; since that is not the use, but abuse of Chocolata, and is common to it with all other meats of good nourishment: against which I do not hear them so to declaim, as to interdict them totally. I am not ignorant, that there is a Doctrine of Mortification, and that we ought to suppress carnal lusts: but I am to learn, that this is to be understood literally; and that we must geld our selves like Origen, or chastise our selves with the Papists, and not understand all those Doctrines spiritually, and like good Protestants, defying the exercises falsely called Spiritual by the Popish Friers, and Jesuits, who practise this literal Mortification: whilst we imagine that carnality may be subdued by other means, captivating the Understanding into the obedience of Faith, and subduing our wills, not breaking our backs; and denying our lusts, whilst we preserve a Nature and temperament given us by God. I expect the greatest censure from those, who disclaim Fasting-days, and Ember-weeks; who keep Lent with Capon, Sack and roast Beef; which is their Luxury: and what they condemn in others is but a different and less solid

L. 1. 5. 2.  
had Luxury, then what they pursue.

I am not any way disposed to instruct Men in evil, and would not seem to encourage them therein: and, to evidence this, I shall now speak concerning the more compound Chocolatas, which are made, or used on purpose to augment Venereous inclinations. The things usually designed to extimulate Nature to excessive Venery are very hot, and Aromatical, and which also carry with them an acrimony, or saltiness, wherewith they continually excite Nature; which being incessantly provoked thereby casts out whatever is next, whether it be well or ill-concocted Seed, or Phlegm, or Blood impregnated with a salinity. It is not heat alone in meats, that doth it: for the effect of Cloves, Cinnamom, and Nutmegs, or Mace is not equivalent to that of Pepper, or Salt, and Salt-meats. These last operate by introducing a momentany or lasting saltiness, or acrimony in the Blood, which, as it circulates thorough each part, makes different impressions, according to the different Nature, or indisposition of the part. And, if any disease introduce any acrimony or Saltiness into the Blood, the same Persons will be much inclined to Venery, thus those, who have the Itch, and Leprosie, as also the Melancholick Persons are exceeding amorous; however the last bear those evacuations very ill; and the lying long, and on soft beds, and living idly, doth render Men lascivious; but these are not

not natural, but *morbid inclinations*, and therefore are neither executed with that *activity*, nor hath their seed that relish, or *gusto* in the Womb of the *Feminine consort*, that attends *vigorous and active Men*. For *ease* and *idleness* retard *transpiration*: and those *Humours*, which should issue out according to the several intents, and *passages* of *Nature*, being retained, or resumed into the Blood again, introduce an *acrimony* into it, whereby *Nature* is extirpated to an *ineffectual Venerie*. Thus, after long *Agues*, or the recovery out of *Chronical Diseases*, a *salacity* possesses the Patient, which as it ariseth from no other cause, then I have already specified; so it is prejudicial to the Person he embracetb, for hereby Diseases are *transplanted oftentimes*, as the *Pocks*, and *Consumptions*; or new ones introduced, of which the *poor woman* is not *apprehensive*, being ignorant of this cause lying in the constitution of the seed of her Husband *newly recovered*, or *newly having fill'd his Veins* with *acrimony*, or *saline humour*, occasioned by some *late entertainment*. And when I consider seriously the *multiplicity of Distempers*, which affect our English Ladies, so as that such as were very *healthy Virgins*, become very *sickly* and *infirm Wives*, and some recover again as soon as they are *Widows*, I cannot but think that many of their *Diseases* may arise from the *seed*, which their *Husbands inject*, and are fomented so thereby, that

that all Physick becomes unsuccesfull, because they do not totally refrain each other's Bed. I am very confident of this Opinion of mine, that it is true : because several have assured me of a great discrepancy they could feel in the seed of their Husbands at severaltimes, and that they were variously affected thereupon.

I shall evidence this by a notable History of Laurentius Hofmannus, *De usu & abusu Medic. Chym.* pag. 124. *Et ego ipse nobile par conjugis mirabili morbo afflictum vidi, quos hoc ipso [sc. Mercurio vita] feliciter curavi. Casum itaque hunc mirabilem, & vix auditum, lubet apponere. Quotiescumque maritus rem cum uxore juvencula formosissima babere cuperet, maximè hec trepidabat, concubitumque illius reformidabat, propterea quod plerumque post seminis masculini, calidissimi, & fætidissimi, effusionem, exanimis in thoro jaceret: factor enim seminis adeò abominabilis fuit, ut ferè semper post coitum in animi deliquium inciderit. Interim tamen quinque annorum spatio decies concepit, & molas, vel exsiccator peperit. In consilium itaque vocatus, Mercurium vitæ marito, uxori vero alia convenientia exhibui remedia; quibus Deus ita benedixerat, ut non tantum magnâ cum dulcedine nobilissimi coniuges deinceps amoris poma decerperent, sed etiam anno sequenti parentes audirent.* That is, ' I knew a noble married couple troubled with a strange sort of Indisposition, whom I successfully cured

with *Mercurius vite*. I shall report the Case,  
 it being rare, and unheard of. As often as  
 ever the Husband conjugally embraced his  
 Wife, which was a Person of extraordina-  
 ry beauty, and youth, she used to shiver, and  
 tremble, and feared nothing so much as  
 his *amours*: because that for the most part,  
 after that she had received into her womb  
 the seed of her Husband, which was very  
 hot, and of a most stinking scent, she used  
 to swoon away: for so abominably noy-  
 som was the seed of her Husband, that  
 it was no sooner injected, but it caused  
 faintings and swoonings in her: yet did she  
 conceive, and miscarry ten times in the  
 space of five years. Being demanded my ad-  
 vice, I gave the Husband *Mercurius vite*, and  
 to the Wife other suitable remedies, which  
 had so great an effect, by God's blessing, that  
 the two Noble Personages did enjoy each  
 other with a great deal of pleasure, and  
 she brought forth a living childe the fol-  
 lowing year.

Nor is this repugnant to what we daily  
 observe in *uterine injections*, which differ-  
 ently operate according to the different  
 Ingredients, and Qualities. And if it be so  
 herein, how much more ought we to al-  
 low the truth hereof in Seminal injections,  
 which as they are injected, as are the for-  
 mer, so they are received with much more  
 ardour, the conflux of Spirits thither oc-  
 casionaling a greater tension and heat there  
 at

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at that time, so that the contagion pierces deeper; as Infection is sooner caught by the hot, and sweating (the pores being open) than by the cold, and chill.

Let the *Women* hereby should upbraid the Men, and boast the hazards they run by Marriage: I must crave leave to tell you, that there is as great variety in their Sex, as in ours; and that every one, that wears a Petticoat, is not capable, nor merits the affection of a Man, how beautifull soever she may be: nay, commonly it may be said, that the fairest Persons (where a mixture of white and red accomplishes the face) and the best shaped are fitter for Mistresses, then Wives, and yield a more pleasing entertainment in a Balcony, or Coach, then Bed. I shall not alledge the Reasons, though they are irrefragable: but only add, that it were easie to write an *Apology* for those, who, having married such, continue not their affections beyond the first moneth, or year. It is for such that the Proverb of *Hony-moon* was designed: and if any can continue a long affection for such, either the Man is extraordinary good, or cautious, or the *Woman* extraordinary cunning; or else he is a Novice, who, having no experience of the Sex, imagines all to be as his *Wife* is; as that Romane Dame supposed all Men's breath to stink (the having never kiss'd any else) because her *Husband's* did so. I could here enlarge upon the Reasons, why a

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*Man may love eagerly and constantly a deformed Person to the prejudice of a beauteous Lady, and assert the commendation of Ronsard to Pasithea, or the Queen of Navarre, whom he represents to be*

*Of Complexion rather brown, then fair.*

With which agrees the choice of Solomon in the *Canticles*: *I am black, but lovely.* But I shall only add, that it is an undenyable thing, That there is not that Variety, or certainty of Accidents, that befall a Man, so as to render his Embraces distastfull, or fatal ( excepting the French Pox ) to any Woman, that there is in most Women, to render them unsuited, or unworthy the Embraces of a Man: so great an alteration doth Age, Child-bearing, Sickness, and the like, introduce into the Womb, as to its Natural Make, or Original Ferment. Nor are Men either to be separated for the reality of their applications, and professions, before marriage; because they live not up to them, after it: or to be censured so bitterly for inconstancy; because they persist not in their first Affection, and Declarations: for perhaps the beautifull Lady is changed; or did by Surrender acquaint him with Discosveries he knew not before, nor could make: and therefore, if he proceeded by that Rule, which his sight and utmost enquiry gave him, he acted as well as Man could; but he still might

might be deceived in the Conclusion: but that, being deceived, and *knowing himself to be so*, he should act, and comport himself as if he were not so, is a constraint every Man's Spirit cannot submit to: and therefore it is to be excused, as well as the principal frailties, whereunto Humane Nature is lyable.

The truth of what hath been already said being granted, I shall suggest two Conclusions therefrom, which I think inevitably do follow: *viz.*

I. If it be true, that the collection and ejection of Seed in Man, (or Woman) is a natural act, arising from the Blood depurating it self, and the Ferment of the generative parts particularly operating upon the Blood; then ought they no more to be forced, than those other natural Excretions are, of Snot, Spittle, Urine, &c. which we do not promote, but when their deficiency is, or may be troublesome: nor do we evacuate, but

when we are sensible of their redundancy.

2. If it be true, that there is a great discrepancy not only betwixt the Seed of one Man and another, but betwixt the Seed of the same Man at one time, and another; which is occasioned as well by the Food, and Physick he takes, as by alteration of Age, or Sickness: it is then very considerable what Provocatives a Man takes, or a Woman gives to provoke lust, or conjugal desires, lest the Nature of the Seed be depraved, and the Woman incur harm thereby.

It likewise concerns the Woman to have a particular regard to her self, that she may with equal ardours meet the embraces of her Husband: she must know, that to retain his affection more is necessary then solemn promises, and joyning of bands in the Church, or the continuing of her beautifull aspect and shape; these may acquire, and fix a Servant, but not an Husband: she must therefore take care, that her Blood be every

ry way sufficiently depurated, upon which depends the Vigour of Body, and Minde; to the effecting whereof more is requisite, then I can now propose.

*Active Complexions* are only to be preserved what they are: all forcing destroys them. These therefore must have a *milde* and *temperate* sort of *Chocolata*; not enriched with any sort of *Pepper*, but that of *Jamaica*, nor any other *Spice*, then of the *West-Indy* growth. They need not *natural heat*; and the aforesaid Composition will sufficiently enliven them: but, if any debility of Stomach, or accidental weakness befall them, they may vigorate the *Chocolata* with a glass of good *Canary*, or old *Malaga-Sack*, when they mill it up; or take a more rich sort, but yet short of those hot and fiery Compounds used by the *Spaniards*. The *Pblegmatick Tempers*, if also abounding with ill Humours, must take *Chocolata* cautiously at first: promising a *Purge*, and taking some gentle *Lennitive* once in six or eight days; lest it beget too great a fusion of Humours in his body: and he must begin with *milde Chocolata*, and after take richer and more effectual Compositions. *Nature endures not violent and fuddain changes*. I once had a Woman come to me to complain of the *unactiveness* of her Husband, who was, to see to, a *lusty able Man*, but *Pblegmatick*, and of a *muddy aspect*, as if *Cacochymical*: she desiring of me some powerful *Electuary* to add con-

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rage and life to him: I prescribed her one agreeable to what *Vanninus* in his Dialogues recommends; not doubting, but he would propose the most effectual in that kind, *Leachery* being his greatest Moral vice. He had not taken it many times, but it created in him desires altogether unusual; but, in the midst of his and his *Wife's delight*, he fell into a sudden fit of an *Asthma*, which had almost ended his days.

In reference to both these Considerations perhaps it is, that in *Italy* they now condemn *Chocolata*, if we may believe <sup>m</sup> *Sinibaldus*; because it was found so Provocative, that in a little time it rendered the Men impotent: like those Plants, which, if they be suffer'd to run to Seed, dy that year. But those *Italians* know no *Chocolata*, but what is of the *Spanish*-make, and abounding with men, & succos, *Chilli*, or red Pepper.

<sup>m</sup> Oritur A-spermia ob-re-  
rum impense  
calidarum u-  
sum, quæ se-  
men, & succos,  
è quibus prodit,

excitant, &

exbauriunt;

ut ruta, mentha, camphora,

& alia id genus malefica ra-

zialia: quibus addi potest nova illa forbitio,

ex calidissimis herbis

ab Indis parata,

quam vocant Chocolate.

Hac enim Seminalem suc-

cum arefa it adeo,

ut qui illam frequentant,

brevi tempore aspermari

fiant. Sinibald. Geneanthrop. lib. 15. tr. 1. cap. 20.

I shall speak no more concerning the use of *Chocolata*, then as it is prescribed in *Hypochondriacal Melancholy*: because that this doth merit a particular enquiry; for sundry do commend it therein. *Paulus Zaccbias* in his *Italian Treatise of Hypochondriacal Melancholy* mentions it, and saith, It is not

to

to be allowed in that Distemper, but with a great deal of judgment: since he cannot believe, but it is rather hot, then temperate. And *Piso* saith, he knew none in *Holland* to receive hurt by the use of *Chocolata*, but such, as were troubl'd with *Hypochondriacal beats*: from whence we may collect, that, in his judgment, it could not be allowed them. Yet I have known learned Men here in *England* prescribe it in the Case aforesaid. I shall, with submission to better Judgments, solve the Question by distinguishing the several Compositions of *Chocolata*, and accommodating them to the Disease controverted. In *Hypochondriacal Melancholy* we are to consider how there are great Obstructions in the *Mesangical Veins*, and *Chyliferous Vessels*, so that no other *Chyle* is distributed into the Body, but what is apt upon the least occasion to ferment, and boil: which as it is perceptible by the Patient in the whole Body, so the multitude of *Arteries* in the *Spleen*, and its communion with the *Stomach* ( by what ways I enquire not, but the *Communion* is undeniable ) make it primarily and most evidently perceptible there. There is also a Debility of the *Stomach*, which is so relaxed, that it neither digests the Food received, well; nor emits it, being digested: so that it corrupts by long stay in the *Stomach*, ( the Body being costive in the mean while ) and grows *sour*, and so corrodes the *Stomach*; and whatever is

is ingested, it presently begets a great conflict in the Stomach, attended with acid vomitings oftentimes, and the whole mass of subtle and sharp Blood is likewise affected, and put into heat and disorder, especially the Hypochondria thereupon. Thus they are never well, full, nor fasting; and pine away, complaining of a weak Stomach: which the Italian and Spanish Galenists considering, thought the Disease to proceed from a cold Stomach, and not from an *Aqua Stygia*, or the like *Menstruum* in the Stomach, made up of the several Salts, and Tartars, extracted out of the different meats eaten, and a redundant sharpe liquor issuing out of the capillary Arteries, and coats of the Stomach, into the Stomach: for as the blood is in such very serous and sharpe, so is the Humour transuding into the Stomach heightened in its acrimony, and augmented in its quantity beyond measure. Now, the Question is to be understood, *premissis generalibus*, general Purgings being duly premised, and opening Physick administered. And in this Case I answer, That bot-spiced Chocolata (and especially what hath black, long, or red Pepper in it, whose Nature it is to create an acrimony, as well as to heat the Blood) cannot agree with the Stomach; because they will more heat and inflame the Blood, then is tolerable: and this is confirm'd by the experience of Piso. But, as for milde and temperate Chocolata, I doubt not, but

but such a sort might be made, as would exactly suit the Disease, and contribute much to the recovery, being given in water, not mix'd with milk, or eggs ; but given the Spanish and Indian fashion : and the water it self being such a water, as will not stay in the Stomach, but pass immediatly into the Blood, and void it self by Urine. To confirm my Opinion, do but consider the Nature of the Cacao-nut, and paste : it is very nourishing, it allays vapours and ebullitions of the Blood ; it is not apt to sownre (as gruels, and broths of meat, or China-root instantly will ) and it keepeth the Body soluble, and moderately purges by Urine. All which Indications we are to aim at in the Cure of this Disease. It also corroborateth the Stomach by its adstringion, it allayeth the sour Humour by its unctuousness ( which floats not on the top, but accurately commixes with the liqueur ) and its bitterissness, then which there is not any thing else more gratefull to a weak Stomach. Add to these Considerations, that Chocolata is a liqueur, and that the Cure of Hypochondriacks depends upon humectation ( seeing that Melancholici, si bene humectantur, bene curantur ) and there is not any thing can occasion a scruple, but the addition of Sugar: which how far it may agree, is to be determined by Experience, since otherwise it will be condemned by Reason. But, should it not agree, the Cacao-paste may be prepared for Persons

Persons deeply Hypochondriacal without Sugar, or Spice, except a few Anise-seeds, and powder of Santals, or Sassafras, and dissolved, upon occasion, together with some Bazaar, or any other Stomachical Preparation of Antimony, or whatever will saturate that esurive Humour upon the Stomach, and open Obstructions. Being thus given, I cannot imagine, but it must be a very effectual contrivance for the desperate Hypochondriacks, being regulated by a diligent Physician, and an observant Patient: without which it is impossible to effect that Cure; which is tedious, and requires circumspection, and variety of remedies to carry it on. As for those, who are afflicted with that Distemper, I suppose a milde sort of Chocolata, with a mixture of Spice, and Sugar, may agree very well.

The other Virtues of Chocolata in Hysterical fits, and Astibmas, or Consumptions, I have not time to infist on: from what I have said, and shall say about the way of using Chocolata, any Physician will be able to collect how it is, or may be used in such like Cases.

Concerning the variety of Ingredients in Chocolata, and the several frauds in making it up, I have already spoken so much, as I need not to enlarge again: only as to the Addition of Achioite, I hear the use of it is condemned by one of our most learned Physicians, as being prejudicial to the Head. I could

could never yet hear what Motives he had for that Opinion of his: for in all the Indian Writers I do not remember any such thing; I have already represented their Testimony, and that is the voice of Experience in Comprobation of the use of it. I never found any inconvenience by the use of *Achiote* (which is an Ingredient in my ordinary and royal *Chocolata*) nor do I hear of any, that does. I would rather adventure to recommend the use of *Achiote*, since, without heating, it doth powerfully attenuate all gross Humours, (and the Blood of us Northern People is more gross, and less fusible, than that of the Spaniards, or Indians, and we are prone to Coughs, stoppings of the Chest, and Asthmas, by reason of our gross feeding, and the thickness of the Blood, whereby it is apt to obstruct the Lungs) and since it doth make the *Chocolata* to agree better with the Stomach, than otherwise it would. I have faithfully declared already the judgment of several Writers concerning *Achiote*. It is generally put into *Chocolata* by the Indians, and Spaniards, and Portugeses; and that none should ever observe in it a particular repugnancy to the Brain, or a quality, that might give ground for such a surmise (which I cannot by my taste) is very strange: and how probable the thing is, let others judge.

Since the writing of the aforesaid Passage I have received the complaints of a fair Lady,

dy, who thinks, that taking of my common Chocolata with Achiote in it, the Head-ach ( whereunto she is Naturally, as well as by her condition of being with Childe, prone) is encreased; and that it doth create a more then usual heat in her Face, and Body; and indeed I my self, taking for sundry days of the same Chocolata, found, that, taken in Paste, or liquor, it did cause in my Stomach and Body a greater and particular heat, which before I never felt. To finde out the cause of this Accident, I examined the Person, that made it up, and I found, he had varyed his Achiote, and used a new parcel, ( which to me seemed not so good ) which in the same weight did yield a deeper colour by farr, and occasioned, as I thought, the aforesaid Case, which did not happen when I used another sort, which to me seemed more pure, then the last used. But I did further observe, that the Chocolata complained of did promote Expectoration beyond any other, I ever took to eat, or drank: so that I conceive, in Case of Asthma, and stuffings from Phlegm, such a sort of Chocolata might agree well. As to the heat of Achiote it self, I could not perceive any more in the last, then in the other; nay, I must profess, I think, that five Grains of the said Achiote, taken by it self, did not so much heat me, ( nay, it did not cause in me any sense of heat ) as did half a Dram of Chocolata-paste already mentioned: yet

yet in sixteen Ounces thereof there was but one Scruple. And this Consideration puts me in mind of the Indian remark, that *Achiote* ( though destitute almost of Taste, and Smell ) doth amend the Taste, and Smell, ( which it may do, as well as the heat ) of the other Ingredients. And though it be not sensibly hot, yet by its penetrancy, and the great attenuating faculty it hath, it may occasion some Distempers in the Head, where the Blood is already so attenuated, that it admits no further Rarefaction without indisposing the Head, which ( according to *Mechanical Philosophy* ) must needs receive a greater afflux of Blood, the thinner it is. In the choice of *Achiote* I can only give this Rule, that it be solid, not soft, rather pale-red, then deep; free from seeds, or greenish hulls within; and not musty. As to the quantity to be put in, I finde it is impossible to determine the proportion, by reason of the variety of *Achiote*: but take the Indian Rule, recorded in *Ledesma*, to put in as much, as will colour it: ( and that not deeply) and adhere not to what was prescribed me, viz. half a Dram in each Pound: which though it proved well in the first Essay I made for His Majesty, the *Achiote* being singular; it hath since displeased me.

The way, in which I choose to take *Chocolata*, is sometimes to mix two parts of water with one of milk, and to dissolve the

*Cho-*

*Chocolata-paste* therein with an Egg: for I care not for milk alone. But most usually I take three quarters of a pint of good [Conduit] water well-boil'd, and dissolve in it ( stirring it frequently with a Spoon ) one ounce of *Chocolata*, and two ounces of fine Sugar: having let it stand before a moderate fire to dissolve, when it is so dissolved, as that the liquor seems very fatty with a yellow fat, and that there sticks to the spoon an undescribable unduousness, or oylieness, (however that the *Chocolata* be not half dissolved, but that a great part of it still swim in great flakes, and small parcels, up and down ) I proceed to mill it very well, and then set it to the fire again to dissolve more perfectly: and having, let it stand a good while ( even till it be ready to boil, or near upon it ) I mill it once more with great diligence: and then either drink it alone ( which is the common *Indian* and *Spanish* way ) or putting in one Egg ( white and yolk ) without ever beating it before breaking it into the water, and immediatly milling it very hard, sometimes playing the *molinet* ( and that most, at first especially, to break the Egg, and hinder its curdling ) on the top of the water, and sometimes at the bottom. And I have observed, that by this course the *Chocolata* ( when taken without an Egg ) becomes better tasted then otherwise it would: and, if an Egg be put in, the *Chocolata* is farr better dissolved, and

and swims with a greater oyl or fat on the top, then if the Egg were put in sooner, and never so long milled. Nor doth the Egg harden, or *curdle*, if dropped in whole without beating, but dissolve better ( if *nimbly milled*, and that towards the top, where the Egg floats at first ) then if it were beaten much, and put in afterwards by little and little.

I prepare no more at once, then I drink that time : not that I feel any offensiveness in what hath been once heated, and cold, before it be *heated again* for me : but because I finde an observable difference betwixt *fresh* and *old Chocolata-liquour*: the Spice evaporating their more subtle parts. But the discrepancy is not such, as is in Pottage, or Gruel, &c. twice heated: nor do I know what reason the *Spaniards* have to prohibite so severely the use of *Chocolata* twice heated. I drink it moderately hot, and dip a piece of *diet-bread*, or *wig*, &c. in it. I drink it without proportion, but commonly half a pint, or more: and this I do twice or thrice in a day ( nay, before Diner ) with a sensible refreshment; finding it to keep my body soluble enough, as I could wish; though otherwise I am inclined to costiveness. Sometimes I put in a spoonful of *Orange flower-water*; which gives it a

<sup>n</sup> Mr. Gage Chap. 15. to begin his journey drinks *Chocolatte*; and eats a *Maple-bread* with a little *Conserve*: — and in the same Chapter, that we may know how hot he drank it, he calls it a *scalding cup of his Chocolatte*.

most excellent taste, if the water be good: sometimes ( if I am faint with busness ) I put in a glass of good Canary , or Malaga-

<sup>o</sup> Vide *Lipsum Sack*: in which I imitate <sup>o</sup> the antient *Roman* in *Elett.* *Stuckium lib.* <sup>3. De Convivis Mercurialem,</sup> who did usually mix their old and well-bodyed Wines with hot water, which in several houses, call'd *Ibermopolia*, was kept always ready for entertainment. And this practise of theirs is asserted by *Campanella*

<sup>p Augen. Epift.</sup> for the most wholesome way of drinking Wine. And *Cottaus P* tells us, that for a weak t. 3. l. 10. Ep. Stomach there is not any thing more profitable, then a draught of hot Wine; which

I have known experimented in England with good success, not only in the case mentioned, but in sundry *Atrophies*, and *Consum-*

<sup>q Valles. Phi- tions.</sup> <sup>q Vallesius</sup> <sup>q</sup> tells us, that, however it be Proverbially said, that *Wine is the old Man's milk*, yet is it indigestible, if it be

not first heated. I have sometimes Aromatised it with a few *Saffraffs* Chips, not unpleasingly. They, who would put in *emulsions*, or the like, must dissolve, and mix the *Chocolata* with less water, and having mill'd it well, then put in the *emulsion*, &c. and mill it again.

As to the times, whereat I take it; I observe none particularly, besides the taking of it in a Morning, and Evening: sometimes sooner, sometimes later, as occasion permits. Nor do I regard the quantity, taking frequently a pint, but usually above half a pint: eating tosted wdg, or diet-bread often with it. What it may do to others, I know not; but

but I never found my sleep retarded, or disturbed by it: it is possible, some may finde it otherwise; for, if Sleep be a relaxation of the Nerves, and vacation from sense thorough wearisomeness of the Organs, what corroborates Nature, and dispells wearisomeness, may (without its disparagement) retard sleep.

I have often wonder'd to hear upon how inconsiderable causes many complain; though they have no occasion to sleep: yet, if they sleep not at certain times, they entertain strange thoughts of their danger of sickness, and condemn the occasion of it presently. So, if they eat not flesh at least once or twice a day, they repute their Stomach to be lost, and imagine they must dy: not regarding, that the end of food is to repair the defects of Nature, and prevent its decay for the future: and, when we enjoy these ends, we are not to be solicitous of any particular means further to procure what we already possess. To Eat, to Drink, to Sleep, were there no need thereof, were folly: and he makes Reason submit to Custom, or Conceit, who Eats, Drinks, or Sleeps, when he is sensible, there is no necessity of it; and incurs by a superfluity dangers, he would avoid. *Nizolius*, the great *Ciceronian*, slept not of ten years: others have watched longer (as you may read in *Heurnius*) without prejudice. Several have never drunk, and others have, to avoid a Drapie, or the like,<sup>17.</sup>

done as well, or better then others : and the case of Rabbets, Sheep, and sundry Birds, evidence the possibility of the Antient and Modern Relations in this case. As for Eating, except the Maid of *Confolans* ( recited by *Citesius* ) I can hardly credit any, that have subsisted without that : but without doubt a greater temperance might be practised therein, then is used. And, upon the aforesaid Account, some cry out upon *Chocolata*, as if it destroyed their sleep ; others, that, taking it, they can eat no Diner after it, it preventing their appetite thereunto : but, would these people be pleased to think, that *Chocolata* feeds more then their Diner, of the loss of which they complain, and that they are in no danger of dying by hunger, whilst they feed hereon, the formality of eating a set Meal would not be insisted on. I must profess, I never could observe in my self any alteration of my Stomach by drinking *Chocolata* in a Morning : and, if any have, it is because their Stomachs are weak, and that their Diner would not digest well with them, if they had it. Is it not sufficient, that *Chocolata* offends not their Stomach ? and that their Blood depurates it self ( upon the taking thereof ) by *Sweat, Urine, Stool, and Expectoration* ? Let them but consider, how apt Meat is to corrupt on the Stomach ; how little it agrees with a weak Stomach ; and how binding its remanency , or earthly parts ( as they call them )

them) are : since that in Fluxes it is recommended for an excellent Remedy to give s Vide Alex. the reliques of the meat, out of which all the <sup>Trajan. Perron.</sup> strength is Boil'd or Pressed in Jellies and <sup>De vidu Ro-</sup> Cullices: ) and let them see how much they <sup>man:</sup> are hurt by being put by such a Meal.

I shall conclude with this Advise; that however the *Chocolata* be good; and that such, as stand in need of quick refection, are to be fed with Drinks; which yield a more speedy nourishment, then others: yet is there Caution to be used in the taking even of the best: for thus my *Spaniard* directs, whose Prescript agrees with my *Chocolata Royal* almost.

*In quantitate bujus potionis sumenda; & vicibus numero repetitis, est prudens certè cautio adhibenda: nam, si plus justo, & pluries quam calor Stomachi ferat, ingeratur, tunc adhuc robusto Stomacho multum negotii faccessit, & vices repetita onera sunt plenis, & maximè quando non ad tollendam, sed ad irritandam famem queritur; inde enim pallor, & nervorum cruditate madentium tremor accidit, & miserabilis ex cruditate macies; inde diffidentus venter, & decolor vultus; aliquando vertigines, & capitis dolores, & forte longa febris, & insuperabiles varicose obstrunctiones, unde Hypochondriaca Melancholia, & ex varia multiplicique cruditate affectus planè contrarii: iis tamen malis minus erunt obnoxii, qui se non tantis deliciis solverint; qui sibi prudenter temperantes im-*

perabunt, & Corpora opere & vero labore ex-  
 ercebunt: hos enim innoxie non tantum Chocolate,  
 sed cibus excipiet, qui non nisi esuri-  
 enti potest placere. Necesse est enim, ut ex dis-  
 cordi cibo morbi contrarii etiam oriantur:  
 & hac nobis hodiè unica videtur ratio, quare  
 in Hypochondriaca Melancholia tam confusa  
 & contraria, & longè inter se dissimilia ob-  
 serventur accidentia; & in plorisque Febrisbus  
 ex contrariis naturæ partibus, que in eandem  
 compulsa redundant. Et hanc propter ratio-  
 nem apud aliquos reor Chocolate noxii o-  
 pinionem subiisse; non quòd illud sui ratione  
 mereatur: quinimò, si temperatà frugalitate  
 adsumatur, magnas utilitates omnes expertum  
 iri, nobis est indubitata fides; neque displicet, sub  
 hac frugalitate, post prandium & cœnam (maxi-  
 mè moderata) parùm de Chocolate pitissare;  
 ut utroque calore suam digestionem perficiat  
 Stomachus, & inde facultates roborentur, ac,  
 plorisque impedientibus ablatis, melius perficiar-  
 tur coctio: quod te experientia felicius doce-  
 bit, & moderatio usum securiorem faciet.  
 ( That is,) There ought to be a great cau-  
 tion, and prudence, used in the number, and  
 quantity of those draughts, we take of Cho-  
 colatd; for, if it be taken in too large a  
 quantity, or too frequently, so as Nature  
 cannot overcome it, it becomes trouble-  
 some even to the most strong Stomachs,  
 and often usage makes it a burthen, espe-  
 cially, if it be taken rather for wanton-  
 ness, then necessity, to cause, and not allay  
 hunger;

hunger: for from this cause happens Pale-  
 ness, tremblings, and Palsies of the moistened  
 Nerves, and a miserable leaness occasioned  
 by Crudities; the Belly is distended; the  
 Countenance is discoloured; sometimes  
 Giddiness, and other Aches of the Head,  
 and Chronical Agues, and Fevers, and in-  
 superable Obstructions in the Varices, as  
 also Hypochondriacal Melancholy, and  
 Diseases of a different Nature springing of  
 several Crudities: but such are least ob-  
 noxious to these Distempers, as do not  
 debilitate themselves with Luxury, who  
 command their Appetite, and keep their  
 Bodies in much exercise; for these may  
 take not only Chocolata, but other suste-  
 nance at any time without danger: no  
 food being good upon a full Stomach; for  
 from a repugnancy in the meats ariseth a  
 repugnancy and difference of Diseases:  
 which is in my judgment the reason, why  
 in Hypochondriacal Melancholy there is  
 observed such a variety of Accidents, as  
 also in many Fevers, by reason of the se-  
 veral Heterogeneous parts commixing oc-  
 casionally together. And I suppose, that  
 the aforesaid cause moved many to ima-  
 gine Chocolata to be somewhat hurtfull;  
 not that it really deserved that imputa-  
 tion: for, if it be moderately used, it is my  
 assured perswasion, that all will finde great  
 benefit thereby. Nor am I against it in  
 them, that practise such moderation, if

So did Mote-<sup>c</sup>; they take it after Diner, or Supper ( both zuma, as I shewed in the beginning our of Bernaldus del Castillo. of them being moderate ) that so Nature, having her own heat augmented by the accessional of Chocolate, may better condicte, and strengthen the Faculties, and disipate what might impede digestion. And this Experience will teach : and it is no less true, that it is moderation, that makes it safe to take Chocolata. I shall conclude this Discourse with the Judgment of the Learned Roblez, Physician in Peru, which is as follows.

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The

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The Judgment of Roblez a Licentiate Physician in Peru concerning Cacao, and Chocolata.

**E**L Cacao es frio, y seco, de su templanza: y per esto tienen partes astringentes, con que opila. Esta oí el mas valido de quantas mercadurias oí: y esta tan adelante, que ai mayor asgos fundados sobre sus heredades, de a dies, y dose mil ducados de oriente. Es el Cacao sumamente alimentoso, por don de hace dudar de su templansa. El aceito, que sale del, quando se cuesse, es blanco, y granujado, que mas parecer manteca. Sacasse tostandole en casuela de barro, y no es bueno en metal. Muelesse el Cacao en la piedra, y con mano de piedra, estando calientes ambos, y echa masa, se pone en puchero al fuego, en las brasas, y en tomando calor sale encima la manteca, y aceite mas rubio que la llama, y de su mismo sabor: assi mismo se tuesta para hacer la bebeda. Pero quando le uan moliendo, o passiando por la piedra, le mesclan, anis, canela, y algun clavo; echando a tres libras de Cacao, dos onzas de anis, una de canela, y media de clavo,

clavo, con esto, paffen por la piedra dos o tres veces, y luego le echan en caxitas, ole baser panecillos de a onsa, que as lo que adellevar una Xicara de bebida: este es el Chocolate regalada, y mas sano, y el, que bebe la gente regalada: otros le echan harina de mais, y en la Nueva-España viscocho, molido, pero esto de mas de hacer, el Chocolate de poca dura, es enfermo, por que la harina, que le echan, no cosida, aun que va tostada es de mal mantenimiento, y causa opilaciones, y otros mil achaques: tambien le mesclan en otras partes con Achiote, por ser a propósito para la orina: el modo de hacer la bebida, es este. Lo cueffen desfaziendo la pasta en proporcionada cantidad de agua, poco mas de medio quartillo, y dos onzas de azucar, una de Chocolate, y cuefse en una olleta uno o dos bervores al fuego, y le dan con un molinillo hasta llevar la espuma, y quanto caliente se puede se bebe; el que se bebe desta manera, se tiene por mas sano: no soi de parecer, se tome muchas vezes, por que inquieta el costamiento, y carga el estomago de muchas crudas. El Cacao comido confitado, por la tarde quieta el sueno des toda la noche. Solo es bueno para los Soldados, que estan de posta. La mantera del Cacao es de grande

grande provecho, para las inflammaciones, y para qual quiera fuegos, y quemaduras; y sobre todo, para el tiempo de las viruelas, y se-rampion, y ampollas, y llagas, securan untandose a menudo, con a quel aceite, para el principio, aumento, estado de la Erysipela: es gran sedante, y el major anodino para el dolor, que causan sus costras, y postillas: para los labios abiertos, y grietas de las manos, y en el rostro: para las enzias, que manan sanguine con dolor, se les quita effectos bien contrarios, pero mejor conocidos por la experientia.

That is in English as follows.

The Cacao-nut is cold and dry in its temperament: and thereby it hath parts adstringent, wherewith it obstructs. It is at this day the most rich Merchandise in the Indies: and it is of so high an esteem, that they settle by right of Primogeniture on their Eldest Sons Farms of Cacao, which yield annually twelve thousand Duckets. The Cacao-nut is exceeding nourishing, which makes People doubt concerning its particular temperament. The ( a ) Oyl, that comes from it, when it is boil'd, is white, and

b And into bigger bodies too, upon long infusing, and decocting.      ' and imbodies into (b) *Grains*, which seems rather to be a sort of butter : it is to be extracted by roasting in a large *earthen pot* [such as we bake meat in] and it doth not well in a brass vessel. The Nut is grinded in a Stone-Mortar, with a Stone pestel, (c) both of them being hot ; and, being made into a paste, it is set on a Charcoal-fire in a Pipkin, and, as it heats, there rises up to the top the butter, (d) and an Oyl more red than the flame or fire [of Charcoal] ; both having but one taste. In like manner it is roasted to make the Drink. And, as they grinde, or beat it up in a Mortar, they mix

d This is true, if the *Cacao-paste* be long digested on the fire, and never mill'd : and it is to be seen only whilst it is hot ; for, being cold, you have only a fatty water, and some large lumps of fat floating, whilst the lesser grains sink, or strike against the side, all in very different and irregular figures.

' with the Paste some Anise-seeds, Cinnamom, and a few Cloves ; adding to three pounds of *Cacao* two ounces of *Anise-seeds*, one of *Cinnamom*, and half an ounce of *Cloves* : with which they grind it on the Stone two or three times : and then they put it into little boxes, or they make little Cakes of one ounce-weight, which is the proportion of *Chocolate* to make one draught.      ' This

This is the Royal *Chocolata*, being the best,  
 and most wholesom, and which is drunk  
 by the Nobility, and Persons of the best  
 rank. Others mix with it the flower  
 of *Maiz*: and in *New-Spain* they mix  
 therewith the fine Powder of *Bisket-*  
*bread*: but this sort of *Chocolata* lafts not  
 long to keep, is not good, but weak; be-  
 cause the flower of *Maiz*, which they put  
 in, is not boil'd, and prepared; and though  
 the *Maiz* be prepared by roasting, yet  
 it yields but bad nourishment, it begets  
 Obstructions, and a thousand Aches, and  
 Distempers. In other parts they mix  
 with the *Cacao-paste* some *Achiote*, which  
 serves to provoke <sup>e</sup> Urine. And the way of  
 making their *Chocolata*-  
 drink is this. They  
 scrape the *Cacao-paste*,  
 and dissolve it in a pro-  
 portionate quantity of  
 water, to a little more  
 then half a pint of wa-  
 ter they put in two ounces of Sugar, and  
 one of the Paste of *Cacao*, and they let  
 it boil in a pot one or two woulms over  
 the fire, and then they mill it, till it rise

with

<sup>e</sup> In those hot Countries men  
 are very apt to be troubled with  
 retention of Urine: which is  
 the great reason, they still mix in  
 their Compositions what pro-  
 vokes Urine; it being usual even  
 here for those, that sweat, and  
 transpire much, to make less  
 water: wherefore we see, that  
 in Colds the Urine is more then  
 ordinary.

\* with a large froth ; they drink it as hot,  
 \* as they can possible : and they, that drink  
 \* it so, think it to be *most wholesome*. And  
 \* I am of the Opinion, that it ought not  
 \* to be drunk too often : because it disturbs

'(f) Concoction, and  
 \* loads the Stomach with  
 \* many Crudities. The  
 \* *Cacao-nut* being made  
 \* into Confects, [as Al-  
 \* mond-confects are made]

\* being eaten at night, makes Men to wake  
 \* all night-long : and is therefore good for  
 \* Souldiers, that are upon the Guard. The  
 \* *Cacao-butter* is excellently usefull in case  
 \* of Inflammations, and any scalds, or burns;  
 \* and especially in the small-Pox, and  
 \* pustulous Tumours, and eruptions from  
 \* heat, and Bruises : they are cured by a-  
 \* nointing therewith in the beginning, en-  
 \* crease, state, or declination of the *E-*  
 \* *rysipelas*, or *St. Antonie's fire*. It is a great  
 \* cooler, and allayer of pains created by  
 \* Crusts, or Scars upon Sores, and Pimples,  
 \* and in chopped Lips, and Hands, and  
 \* Face, and Gums, which bleed, and are  
 \* dolorous. It produceth effects very various,  
 \* and contrary one to another, which are  
 \* best known by Experience. An

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An account of the Distillation of  
the Cacao-nut perform'd by  
Mr. Le Febure.

WE took eight Ounces of the Cacao-nut, and, without hulling them, beat them to a gross powder, and put them in a Retort: we found the body so fix'd, that with an ordinary Fire there came nothing over, but a white liquor in a very small quantity, so clear as water: which we suppose to be the Phlegm. Then we encreased the Fire to such an heat, as if we had been to draw Spirit of Vitriol: then there came over (within the space of seventeen hours Operation) first a Spirit, that was as white as Milk, in Vapours; and, whereas all other Spirits usually ascend in the Recipient, these did descend, and fall to the bottom: and after that (but with a great reverberating Fire; such as he never put to any Vegetable) there came over the Oyl, which was red as blood, but clear; resembling any Tincture for clearness: after it was cold, it became

came thick, like to the Oyl or Butter of Wax for consistence.

The *Caput Mortuum* weighed one ounce, and seven drams; of the Spirit there was about two ounces: and the remainder Oyl, three ounces and an half; besides what was lost in filtrating, and other contingencies. Upon Separation, the Spirit was as red as blood, like to any exquisite Tincture of *Santals*; however it were white in the first distilling: which is to be attributed to its being commix'd in the distilling with the subsequent Oyl. The Spirit was not very hot, but exceeding penetrative, and not unpleasant as to smell, or taste, as other Spirits drawn from blood, or flesh, are. But, however it had not any *empyreuma*, nor had that odiousness, which attends Spirits drawn from flesh, yet had it an evident affinity (but with a peculiar mildness) with flesh. The Oyl was not very unpleasant, but miraculously piercing, (the Volatile Salt, of which there was a great quantity, being unseparated) and had an unexpressible Aromaticalnes upon the tongue; and seem'd very much to delight and refresh the Heart, and Stomach: but with a great resemblance still of flesh.

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The *Caput Mortuum* had no taste at all, was exceeding light, and carryed with it in smell Testimonies of an affinity with fat flesh, when broiled.

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We had not time to pursue a more accurate enquiry into the several Liquours, and Parts, into which the first appearances of this Distillation might be further resolved : but that there may be a very great exercise for further Curiosity in the Distilling of this Nut appears hence, that the Spirit in a short space became not only turbid, but sour, and manifested it self to contain a *Vinegar* : which is not yet examined ; but the Honourable Robert Boyle Esq; hath promised to make some *Essays* about it. I would not have any offended at the novelty of finding a *Vinegar* in the *Cacao* ; for it is an *acid ferment*, that we owe our digestion to : and we ought rather to admire the Nature of this *Nut*, which includes in it self not only Principles for nourishment, and food, but even of concoction : and from hence we may observe, what it is, that makes it so agreeable to all, even to the weakest Natures. Besides Mr. Boyle told

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me

one of several Oyls, he observed in it upon Distillation, the several effects and differences whereof are not yet, through want of time, discovered.

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I have nothing more to add now, being just ready to go on Ship-board ; but that I have since met with a Person, whose long Converse and Curiosity in *Spain* have enabled him to judge of *Chocolata* : he informed me of many things so, as to satisfie me, that the course I make *Chocolata* by, is exact : and that, what I have taught *Mortimer* to make, hotter then my ordinary way, is the true *Chocolata* of *Guaxaca*, and most celebrated in the *Spanish Court*. And I am to acquaint the Nation with a piece of his Intelligence, which was my own Conjecture before, that to make *Chocolata* into *Sweetmeats*, and *Almonds*, it is this *Chocolata* of *Guaxaca* ( a Present of which I designed for Her Majesty, had She arrived before my departure, and some whereof is in the hands of the Lady *Wood* ) wherewith the said *Confets* are to be made : for milde *Chocolata* will grow *insipid* upon so great a commixture of *Sugar*. Any one may have

have it at Mortimer's made for them, if they be-speak it by the name of the Queen's Chocolata, as the other bears the name of Chocolata-royal, which had His Majestie's approbation. There is a sort of Chocolata made by Sir H. Bennet, which, if I have seen the right Prescript, is conformable to what I understand to be the practise of the Spanish Court : yet differs a little from mine, and hath a greater proportion of red Pepper, then I allow English-Men, however it may suit with the Female Sex pretty well. It hath Musk in it in as great a quantity, as I put Amber-grise in mine : but I think Musk not so healthfull in many ; for it begers a great fusion and fermentation in the Blood, so as that it causeth it to boil, and colour the face : besides that a little Musk chewed is observed to make wounds to bleed ; with many other Instances, which I have not time to recount, but shall in the next Edition ; with Experiments of my own about it in the making of a sort of Pies with Almonds, Pistachias, Marrow, &c. and Musk sometimes, sometimes Amber-grise : which as it is a Dish I love sometimes, so was I pleased with several Observations I made by putting Musk

and *Amber-grise* in it. If any will have any made with *Musk*, and those other Ingredients, which a little diversifie it from my *Chocolata-royal*, or that, which I call the *Queen's Chocolata*, I have told *Mortimer* the way: so as they may have it either *milde*, or as *hot* as Sir *H. B.* makes it.

The Gentleman further informed me, that he found *Chocolata* to keep his body *soluble* (as did my much Honour'd and Learned Friend Dr. *Quatremaine*, Physician-in-Ordinary to His Majesty:) and if it ever fail'd to do so, he then took it in bed, half an hour before he rose, and it never fail'd to give him a *Stool*, as soon as he was up. He told me, he used to put *butter* in his: and he told me, that they used to take it in *Spain* after they have taken a *little conserve, bisket, or a salt bit* in a morning. He further told me upon his *Experience*, that, being desperately vex'd with the *Piles*, he took the Butter of *Cacao* (which is the fat I mention, that arises from digesting the *Cacao's simple paste* in water, till the Fat be drawn out) and melted it, and anointed therewith, and it did not only cure him presently, but that he never had them since. I have not time to enlarge on the several

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Experiments I have since had account of: but I have many more Reasons to recommend it in case of *Hypochondriacal Melancholy*. But I must conclude, adding the Discourse of St. Austin, which I hinted at before, because it contains some *Observations* not ordinary in Physick.

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The Judgment of St. Austin in his Book Of  
the City of God: which was too large  
to be inserted before, pag. 136.

*Lib. 14. Ch. 23.*

**T**HIS Contention, Fight, and altercation of Lust, and Will, this need of Lust to the sufficiency of the Will, had not been laid upon the wedlock in *Paradise*, but that *disobedience* should be the Plague to the Sin of *disobedience*: otherwise those Members had obeyed the Will, as well as the rest. The seed of Generation should have been sown in the Vessel, as Corn is now in the Field. What I would say more in this kind, Modesty bids me forbear a little, and first ask pardon of chaste ears. I need not do it, but might proceed in any Discourse pertinent to this Theme,

Theme, freely, and without fear to be obscene, or imputation of impurity to the words, being as honestly spoken of these, as others are of any other bodily Members. Therefore he, that readeth this with unchaste suggestions, let him accuse his own guilt, not the nature of the Question. —

*Ibid. Ch. 24.*

Man therefore should have sown the Seed, and Woman have received it, as need required, without all Lust, and *as their Wills desired*: for, as now we are, our articulate Members do not only obey our Will, our Hands, or Fear, or so; but even those also, that we move but by small Sineows, and Tendons, we contract, and turn them as we list: as you see in the voluntary motions of the Mouth, and Face. And the Lungs, the softest of all the Entrails, except the Marrow, and therefore placed in the Arches of the Breast, far more safely to take in and give out the Breath, and to proportionate the Voice, do serve a Man's Will entirely, like a pair of Smith's or Organ's Bellows, to breathe, to speak, to cry, or to sing. I omit, that it is natural in some Creatures, if they feel any thing  
bite

bite them, to move the skin there, where it bites, and no where else ; shaking of not only Flies, but even Darts, or Shalls, by this motion. Man cannot do this : what then? could not God give it unto what Creatures he listed ? Even so might Man have had the Obedience of his *lower parts*, which his own Disobedience debarred. For God could easily have made him with all his Members subjected to his Will, even that, which now is not moved, but by Lust : for we see some Mens natures far different from other-some ; acting those things strangely with their Bodies, which others cannot do, nor hardly will believe. There are, that can move their Ears, one, or both, as they please. There are, that can move all their Hair towards their forehead, and back again, and never move their Heads.

There are, that can swallow you twenty <sup>a Lud. Vives</sup> things whole, and, contracting but their <sup>upon this place tells us,</sup> Guts a little, give you every thing up as that there was whole, as if they had put it into a bagg. such an one, <sup>a German, about Maximilian's Son Philip's,</sup> There are, that can counterfeit the voices of Birds, and other Men, so cunningly, that, court, and his unless you see them, you cannot discern that would them for your hearts. There are, that can have re-hear-break wind *backward* so artificially, (a) that <sup>whatsoever</sup> you with his tail.

you would think they *sing*. I have seen one  
when he was sick of a *Terilan* at *Bruges*, as often as the Physician told him, it was good to sweat, he would but hold his breath a little, & cover himself over head in the bed, and swear presently. They, that saw it, wondered at his strange constitution ; but they would have wondered more at St. Augustine's Sweater, that sweat as easily as one could spit. — you would think they *sing*. I have seen one when he was sick of a *Terilan* at *Bruges*, as often as the Physician told him, it was good to sweat, he would but hold his breath a little, & cover himself over head in the bed, and swear presently. They, that saw it, wondered at his strange constitution ; but they would have wondered more at St. Augustine's Sweater, that sweat as easily as one could spit. some can weep when they like, and shed Tears plentifully. But it is wonderfull, that divers of the Brethren tryed of late in a Priest call'd *Restitutus*, of the Village of *Calaman*, who, when he pleased ( and they requested him to shew them this rare Experiment ) at the feining of a lamentable found drew himself into such an Extasie, that he lay as dead, senseles of all punishing, pricking, nay even of burning, but that he felt it sore after his waking. And this Rapture was found to be true , and not counterfeit in him, in that he lay still without any breathing : yet he said afterwards, that, if one spake aloud, he thought he heard him, as if he were afar off. Seeing therefore that, in this *frail state* of ours, the Body serveth the Will in such extraordinary effects ; why should we not believe, that, before his disobedience , the first Man might have had his means, and Members of Generation, without Lust ? But he, taking delight in himself, was left by God unro himself , because he would not obey God. And this proves his misery the plainer, in that he cannot live, as he would.

*FINIS.*

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